THE LIBRARY OF THE UNIVERSITY OF CALIFORNIA SANTA BARBARA

THE UNIVERSITY OF CALIFORNIA SANTA BARBARA
THE LIBRARY

Digitized by the Internet Archive
in 2007 with funding from
Microsoft Corporation

http://www.archive.org/details/womanhoodmarriag00macfiala

~~Debbie and Jack~~

~~Dana M.~~

~~and [illegible]~~

Mr. and Mrs. Bernarr Macfadden and Children, Byrnece, Beulah, Braunda and Helen

WOMANHOOD AND MARRIAGE

BY

BERNARR MACFADDEN

AUTHOR OF "MACFADDEN'S ENCYCLOPEDIA OF PHYSICAL CULTURE," "MANHOOD AND MARRIAGE," "VITALITY SUPREME," "MAKING OLD BODIES YOUNG," "HOW TO DEVELOP MUSCULAR POWER AND BEAUTY," AND OTHER WORKS ON HEALTH AND SEX

NEW YORK CITY
PHYSICAL CULTURE CORPORATION
119 WEST FORTIETH STREET

Copyright 1918 by
PHYSICAL CULTURE PUBLISHING COMPANY
New York City

TO THE MEMORY OF MY MOTHER
WHOSE TENDER AFFECTIONS
WERE ALLOWED TO GUIDE ONLY
MY CHILDISH FOOTSTEPS AND
WHO PASSED AWAY PREMATURELY BY AT LEAST FIFTY YEARS IN THE DARK SHADOWS OF IGNORANCE AND PRUDERY,
THIS BOOK IS REVERENTLY DEDICATED.

"O woman, great is thy faith: be it unto thee even as thou wilt."

Matt. 15:28.

TO THE FUTURE MOTHERS OF THE RACE

TO THOSE WHO ARE STRUGGLING IN THE THROES OF PHYSICAL DARKNESS AND TO THOSE WHOSE FEET ARE FALTERING ON THE ABYSS OF PAIN, SORROW, DECREPITUDE, THROUGH MISTAKES DUE TO INNOCENCE, (IGNORANCE), THIS BOOK, WITH ITS BRILLIANT RAYS OF LIGHT ON THE PATHWAY OF PHYSIOLOGICAL LIFE, IS ALSO REVERENTLY DEDICATED.

PREFACE

THE glory of woman is her strength.

Strength means beauty; it means fitness for motherhood.

No vital, enduring people can be mothered by weak women.

The Nation cries out for vigorous motherhood.

The voice of war has awakened us.

Every atom of power is needed, and the strength and vitality of men and women is power beyond computation.

This is an age in which force counts as never before, and a weak woman is in the way. She is human wastage.

The author of this course believes that every woman can be a strong, splendid specimen of her kind. That the frailty, sickness and suffering so long associated with the feminine state can be avoided. That the weak can be made strong. That health of a high degree awaits very woman who is willing to strive for this glorious reward.

It is the duty of every woman to struggle for life in its truest sense. She should exult in the force that comes with a splendid physique.

The records of our health boards, hospitals, sanitariums, insane asylums reveal facts that are appalling. The physicians in charge of these great institutions admit, practically with one

voice, that all the soul-torturing misery endured by the inmates might have been avoided.

This course has been prepared to point the way to health of a high degree. To those who need the information contained herein, its value cannot be estimated. To those who are merely curious, it is worth nothing. Prudery has shrouded the truths of sex in a vulgar mystery. It has even made a jest of the sacred mysteries of motherhood. It is pruriency of this sort that this book attempts to eliminate.

The truth is mighty. Armed with the facts contained within these pages, a woman can protect herself against many of life's greatest dangers. Guiding her steps by the light of knowledge she can avoid the evils which have blasted the lives of so many of her sisters.

We know that our efforts may be misunderstood. The truths that we present may be misconstrued. As Senator Chamberlain, referring to the prudery that has tainted this generation, says, "it is practically impossible to get publicity for the truth, because of the squeamish attitude of the people, who imagine that the subject ought to be ignored." Though the Senator referred specifically to the appalling records of venereal disease among the men accepted for the Army, his statement might have been made with equal truth of every phase of the subject of sex.

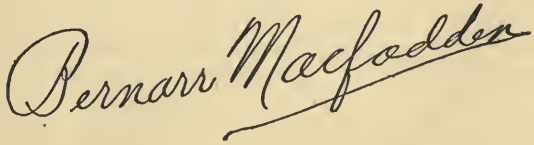
We fully realize the condition. We know that some persons can even distort that great book,

the Bible, and make its meaning salacious and erotic. But we believe there are enough people who desire to know the truth about sex to justify the presentation of this course. Those who are looking for the salacious will be keenly disappointed in it.

There is no veneer on the important facts presented herein. The subject demands plain talk. And yet, the reader will find the work so carefully written that it will give no cause for offense to the most fastidious.

In the preparation of this course, various experts, medical and other, have assisted. To those who have rendered this valuable aid, the author desires to extend his sincere thanks.

May the thoughts contained herein carry a message to all suffering women. May they guide the footsteps of the immature into the fullness of womanhood. May the weak find in these pages the knowledge that will lead them to strength and health, and may those who already enjoy superlative vigor find information that will enable them to retain this priceless possession to life's last days. Such is the hope of the author.



CONTENTS

CHAPTER		PAGE
	PREFACE	ix
I	IDEAL WOMANHOOD	1
II	THE MEANING OF SEX	5
III	THE MENTAL AND SPIRITUAL SIGNIFICATION OF SEX	10
IV	AM I A COMPLETE WOMAN?	15
V	THE OLD MAID	19
VI	CHOOSING A HUSBAND	24
VII	JUDGING A MAN'S FITNESS	30
VIII	MARRIAGE AND THE DRINK QUESTION	39
IX	PERSONAL HABITS IN RELATION TO MARRIAGE	44
X	WHY THINK ABOUT MARRIAGE?	47
XI	MARRIAGE AND ITS ALTERNATIVES	51
XII	WHEN TO MARRY	57
XIII	SHOULD A GIRL MARRY FROM A SENSE OF DUTY?	64
XIV	LOVE MAKING AND ITS DANGERS	69
XV	THE GIRL WHO HAS MADE A MISTAKE	74
XVI	TRUE LOVE AND ITS EXPRESSION	80
XVII	DANCING AND DRESS	89
XVIII	THE ESSENTIALS OF A HAPPY MARRIAGE	101
XIX	WEDDING PREPARATIONS	106
XX	THE PHYSICAL RELATIONSHIP OF MARRIAGE	109
XXI	THE BASIS OF MARITAL HAPPINESS	113
XXII	REGULATING THE RELATION OF HUSBAND AND WIFE	119
XXIII	MAKING LOVE LIFELONG	129
XXIV	MISTAKES AND EXCESSES THAT DESTROY LOVE	134
XXV	THE CRIME OF ABORTION	138

CONTENTS

CHAPTER		PAGE
XXVI	The Pros and Cons of Birth Control	146
XXVII	Heredity and Prenatal Influence	152
XXVIII	The Requirements of Pregnancy	160
XXIX	Why Children Are Necessary to Happiness	168
XXX	The Question of Money	171
XXXI	The Snare of the Boarding House	178
XXXII	The Question of Friends	181
XXXIII	The In-Laws	189
XXXIV	Quarreling and Making Up	193
XXXV	Jealousy—the Green-Eyed Guardian of Honor	202
XXXVI	When "The Other Woman" Appears	207
XXXVII	The Erring Husband	212
XXXVIII	When Love Seems Dead	219
XXXIX	The Divorce Problem	223
XL	The Unsatisfactory Husband	230
XLI	The Frigid Wife	242
XLII	Masturbation	246
XLIII	Sterility	266
XLIV	Menstrual Disorders	273
XLV	Special Diseases of Women	284
XLVI	Displacements and Their Correction	302
XLVII	Tumors	323
XLVIII	Womanly Periodicity	332
XLIX	Determining Sex	348
L	The Menopause, or the Change of Life	354
LI	How to Build Vigorous Womanhood	361
LII	Improving and Beautifying the Bust	370
LIII	Exercise for Womanly Strength	381

Womanhood and Marriage

CHAPTER I

Ideal Womanhood

THE perfect woman has never been revealed. For this reason, perfection in womanhood must ever remain a theme of absorbing interest.

Perfection does not necessarily mean completeness. With the continued development of the human spirit, there must come increasing power to perceive beauties of mind and heart, and these will be expressed through a body of greater beauty. Perfection, then, should be looked upon as being rather a matter of proportion. The woman who is well developed on all sides of her nature—physically, mentally and spiritually—may be looked upon as having attained to a degree of perfection. From this point she may advance to greater realization of that ultimate beauty which all women were intended to embody.

To form for ourselves, however, an idea of womanhood we must have some understanding of the place which woman is intended to fill in the universe. The meaning of womanhood, the wonderful capacities that lie hidden within it, form an inspiring subject of study for every woman, young or old.

Woman holds a distinct place in the universal life. She is not meant to be merely an echo of man. She is meant to be herself, a distinctive being, with her own place to fill and her own work to accomplish. Neither is she necessarily what man has pictured her as being. Male poets, painters, sculptors, novelists, all have endeavored to portray the ideal woman as she appeared to them, or as it seemed to them she should be. Yet it would hardly be safe for her to model herself upon these portrayals; she must discover for herself the ideal she was intended to realize.

We have heard many discussions in the past as to whether woman is inferior or superior to man. Discussions on this theme are futile. The two can never be compared, because they are absolutely distinct. The only question we have a right to ask is whether the destiny of each has been successfully fulfilled.

The study of self is indeed a fascinating one. The endeavor to discover just what she was sent into this world for, what are the characteristics that belong most distinctively to her, and just what attributes she is best fitted to express in the highest degree, must be of interest to every thoughful woman.

When we look about us for the form of self-expression which belongs distinctively to woman, we find that it is motherhood which belongs to her alone. She is the mother of the race, and in this function we shall find embodied her supreme power.

This does not mean that every woman was necessarily intended to be a physical mother. It does mean, however, that through a study of motherhood we can come to an understanding of woman's distinctive capacities and powers.

The mother nourishes the life of her offspring. Woman, therefore, is the nourisher of the race. This means that she not alone provides the health and the strength of those dependent upon her in physical sense, but that she is also a source of inspiration to them mentally. She gives encouragement to those struggling to express the thoughts that are born within them; many times in her presence she inspires to greater mental activity. The great personalities of the past have borne witness to the inspiration they have derived from the women with whom they have come in contact.

It is not only her own children whose better impulses are nourished by the sunshine of her smile; all who come near her feel the heartening effect of her personality, and are better because they have come within the sphere of her influence.

This is the ideal of womanhood which springs from a study of her individual place in the plan of life. But fully to realize this wonderful ideal, the woman must first of all find herself. She must take time to think about herself and what she was intended to be. She must find out her shortcomings and set herself resolutely to work to master her weaknesses. She cannot afford to

be weak, because she must be the source of strength for others.

She must do more, however, than find herself. She must learn to glory in her womanly nature, and through this to make the most of what has lain deeply hidden within her. It is only by making the most of herself that she can give the most to the world, and this must ever be her aim.

In these times of deep trouble woman is being revealed to herself. Now, as never before, the obligation rests upon her to arouse herself, and in the full consciousness of her strength and of the responsibilities which are hers, to rise to heights of world service such as she has never known before.

CHAPTER II

The Meaning of Sex

SEX is a subject women have been very reluctant to discuss or even to read about. For generations they have been made to feel that sex was something of which they should know nothing. While they were forced to admit that their womanhood was an expression of sex, they put it out of their thoughts as much as possible. They seemed to prefer to think of themselves as sexless beings. They felt apologetic for being women, and in this unnatural attitude of suppression and denial of their sex, they lived and died without ever realizing the glorious possibilities of their distinctive natures.

Sex is not something which is localized in the human body, pertaining only to a certain set of organs. Sex is a universal principle which expresses itself in all but the very lowest forms of life. It permeates every atom of the physical structure, so that each tiny cell expresses either masculinity or femininity.

It is as though Mother Nature had divided the living material in the universe into two portions, and bidden one-half to specialize in certain characteristics, the other half to specialize in other characteristics, and this work of specialization has gone on progressively with the evolution of high forms of life and will continue to do so as long as the world lasts.

It is to this division of the life-force into two expressions that we owe the greatest blessings of our existence. All of the sweetest and most beautiful relationships of life spring from this division of the human race into halves, which come together again to make a perfect whole. The relation of husband and wife, parents and children, brothers and sisters and relatives of all degree, of friend with friend, all find their root in this universal principle of sex. Not only beauty of soul, but much of the beauty of the universe springs from this same great principle. The blossoms of flower and shrub and tree are the expressions of sex in plant life. The coloring of the wings of the bird and the song that he sings are expressions of the same great force. The effort of the lower forms of life to provide nourishment for their offspring furnishes us with the greater part of our food—our grains, tubers and bulbs, our milk and eggs. Sex, we must understand, is but the means chosen whereby life may be continued upon the earth. Through the mating of male and female all the great varieties of life have been made possible.

When we comprehend the universal nature of sex and the immeasurable blessings which it brings us, we perceive at once how absurd it is that any one should be reluctant to consider so vital a subject. Sex in itself is pure, and a proper understanding of it is ennobling. Those who shrink from it show by so doing that they have not yet gained a true conception of the nature

of sex and its place in life. Without doubt the ignorance which has been fostered by this disinclination to discuss the subject has resulted in more human suffering, wrong-doing and tragedy than could ever be measured.

Fortunately for us, the day of prudery is passed. There are not many today who feel it necessary to make known their disapproval of anything connected with sex, still less to parade their ignorance, in order to prove their own superior state of morals. Today we dare to look the facts of life in the face and to show our interest in everything that pertains to the human race, realizing that knowledge is always freedom and power.

The sacredness of the function of reproduction must be realized by all, for from it springs human life. Everything connected with the bestowal of life ought to be pure and uplifting. Whatever is connected with the subject that is impure must spring from the misuse or misconception, of the divine creative powers which have been bestowed upon us.

The instinct to see one's life reproduced in other human lives must always be in its essence ennobling. This instinct to continue the life of the race runs directly contrary to the instinct for self-preservation. The bestowal of life means giving up a part of the life of the individual. It is, therefore, essentially an expression of the desire for self-sacrifice and it entails, in the majority of instances, a continuance in the giving

of self through the greater part of life.

The study of the life-giving function of the body, therefore, if undertaken with the desire to learn that which will enable one to render greater service to the world than would otherwise be possible, must always be an uplifting one. That it calls for the contemplation of physical details should not distress us, because the body has been truly called "the Temple of God." It is the instrument by which we, as spiritual beings, are able to express ourselves upon this physical plane. To be truly successful in our lives here, we need to come into an understanding of the laws governing this body, in order that we may make it our efficient instrument of expression.

Every part of the body is pure and clean, and worthy of all reverence. That we have not always realized this has been due in large part to the misuse of the bodily functions. Indecency is a question of behavior, and does not pertain to the body itself. Impurity belongs, not to sex, but to the mind of the individual. It has been well said that "to the pure all things are pure." Even in contemplating wrong-doing, we can realize that it is but the misuse of that which in its normal use is right and beautiful. It is only of the abuse of a function of which anyone need feel ashamed.

The feeling of shame once so commonly associated with the subject of sex has been due almost entirely to ignorance. With no understanding of sex in the normal, and seeing only the terrible

consequences of this power when directed solely to selfish gratification, it is no wonder that the average individual has come to look upon the whole subject with a feeling of disgust. It is not surprising that parents have been horrified at the suggestion that they should talk with their children upon the subject of sex, because to them that meant discussing certain sins of the human race with their terrible consequences. The distinction between the use and misuse of these powers, however, is now so clearly understood that today it is possible to suggest that one should study the subject of sex without immediately arousing an attitude of mental resistance and condemnation upon the part of one's hearers.

CHAPTER III

Mental and Spiritual Significance of Sex

MEN have always taken pride in their virile powers. To be virile means to be strongly sexed, and that does not mean simply to have well-developed sex organs. It means that every particle of the body feels strongly the impulse of masculinity. Women should learn to rejoice also in being strongly sexed, which means that every particle of their bodies feels the characteristic impulse of femininity.

The masculine impulse is positive, active, destructive. The feminine impulse is passive, negative and constructive. These two, therefore, supplement each other, and both are essential to a fully developed, well balanced racial life. Here is found the strongest possible reason for joint responsibilities between man and woman in the government of a community or a nation. Neither one of these two beings can fill the place of the other, and both are equally essential to a well-rounded, perfectly balanced national life.

Thus we see that sex holds a more important place in life than has been imagined. We know today, also, that the sex organs fulfill a much more important function in the life of the individual than has hitherto been supposed. Indications of the importance of these organs have not been lacking. Take, for instance, the fact that if the sex organs of animals are removed at

an early age, the animal will not develop the qualities which belong distinctively to its sex. The patient horse lacks the fire and energy of the proud stallion. The plodding ox forms a marked contrast to the fiery bull. Similar examples have not been lacking in human life, for in earlier ages boys were sometimes deprived of these organs and grew up into effeminate creatures, lacking all manly qualities, both physical and mental. Elsewhere I have described the condition of such an unfortunate individual in the following words: "His high-pitched, childish voice, undeveloped body, physical weakness, lack of vital resistance and short life, all indicate clearly the importance of the glands of which he has been deprived. The beard does not grow, as in the case of the virile man. The voice does not change. The muscles lack tenacity and firmness and the nerves are weak—all of these conditions indicating a lack of general constitutional vigor due to the loss of the internal secretion, the substance normally supplied to the living fabric by the testicles. And what is perhaps of even greater importance, the effect upon the mind is just as serious as upon the body. He lacks courage, he lacks ambition, he lacks every mental quality that distinguishes men of great virility."

Without any doubt, the removal of the sex organs in early youth would have a corresponding effect upon the development of the young girl. She would lack those qualities which are

essentially womanly, and would therefore lose that which makes her of greatest value to the community.

The importance of the sex organs in the development of the individual has been scientifically explained only within comparatively recent times. It is now known that as early as at ten years of age, these organs begin to secrete a fluid which is taken up by the blood and carried to every part of the organism. This wonderful internal secretion then begins its marvelous work of making over the entire body. Every bone, muscle, nerve and organ feels the effect of the magical fluid, and it is not long before we see the external manifestation of what has been going on within the organism. It is this internal secretion which causes the young girl to lose all her angularities and to take on the soft and gracious curves of womanhood. It is this which gives an added lustre to her hair, a clearer color to her cheek, and a brighter light to her eye. Thus we see that the beauty which forms so large a part of woman's charm is directly due to the activity of these creative organs in their process of development, and we begin to realize that woman, as an individual, owes a debt of gratitude to these racial powers.

With the development of the body comes also an unfoldment of the mind. New emotions begin to make themselves felt, and impulses toward self-sacrifice in the service of others may be observed. All these are expressions of sex. The

beautiful maternal instinct which causes women to mother all with whom they come in contact gains an added impetus at this time. Think what it would mean to the girl and to others if she were to be deprived in any way of this life-giving impulse.

It is not alone through the physical operation which has been suggested that such a catastrophe may come about. There are wrong habits which a girl may acquire through ignorance which may bring about a somewhat similar condition. Any abuse of the sex organs will tend to impair their power. It is in order to prevent such catastrophes that instruction in these matters should be given to girls and young women. This subject of abuses will be considered more fully later on.

By teaching our girls to be ashamed of their womanliness and to suppress their higher sex impulses, we may be crushing out the most admirable qualities which have been bestowed upon them. Rather should we teach them the true meaning of the racial impulse, that they may be awakened to equip themselves to be true mothers of the race, spiritually as well as physically.

In order to develop to the highest degree the physical and mental powers it is necessary to live a normal life, and that includes the sex life. This is especially important in youth, for it is in this early period of life that we are laying the foundation, not only of our own future life, but of the lives of those who shall come after us. The de-

velopment of the highest qualities of soul, mind and body depends in very large degree upon the normal unfoldment of the sex powers.

It is especially important that young women should cast aside the reluctance which they may have felt for a study of this subject, and come into a full comprehension of what sex normally means in human life. They have gone so far, many of them, in their dislike for everything connected with sex, that they have even succeeded in suppressing many of the natural instincts and impulses of their own hearts. They have for this reason cut themselves off from much that would give them happiness and pleasure throughout their whole lives, and would enable them to be of infinitely greater service to the community in which they live.

Women must learn to rejoice in their womanhood and to make the most of it, in order that they may make their especial contribution to the life of the world. If they do not bring to the community that which belongs distinctively to them as woman, it will suffer for lack of that which no one else can give.

CHAPTER IV

Am I a Complete Woman?

IT is well for every young woman to sit down and frankly face the question, "Am I a complete woman?" We are too apt to take ourselves for granted. We are not quite willing to admit the unpleasant truth of our own shortcomings. Yet the process need not be so disagreeable a one as we may at first imagine; for, having discovered wherein we are lacking, we can, if we have the requisite will power, set ourselves definitely to work at making good that lack. With determination and persistency, we can overcome almost any defect. And as we observe our own growth and development, we will enjoy that triumphant exhilaration which comes from getting the mastery over an obstacle.

Suppose you take a quiet hour to sit down and look yourself over critically. Take a piece of paper, if you feel so inclined, and make two columns, one headed STRONG POINTS, the other one WEAK POINTS. Do not be afraid to write down the truth as you see it. Put aside false modesty, and say all the good things you can about yourself. But, on the other hand, be equally frank to admit your faults.

It may be that you are one who has abounding physical vitality and who follows her natural bent in that direction to the detriment of her

mental development. You are physically active, perhaps, but mentally lazy. The physical activity is commendable, but you must see to it that you direct more of the force gained through physical exercise into mental channels, until you bring up that part of your nature to the same degree of development as the other.

It is more likely, however, that exactly the reverse is the case. Although the day of anemic heroines has passed and our young girls no longer feel it necessary to eat chalk and other detrimental substances in order to give their complexions an interesting degree of pallor, nevertheless too many of the young girls of the day are following their ambitions in the mental realm to the detriment of their physical development. The girl who stands high in her classes is praised by her teachers and her parents, and feels herself to be occupying an eminence of achievement. Too often, however, she has gained this position by the sacrifice of her physical activity. She is alive, but she does not possess overflowing vitality, a superabundance of energy which bubbles over in good spirits and bright cheer that is a source of inspiration to all about her. Health and strength and good spirits are essential to successful living, and for the sake of her future happiness, every girl should conserve these priceless possessions. Moreover, these are the foundations of beauty and charm. They are, therefore, essential to the completeness of every woman.

So, if you have a bad complexion, or pimples, round shoulders and a hollow chest, a lackadaisical manner, or an ungraceful gait, write them all down in the column of your defects and then set to work to find out how to overcome them. It only requires a little persistency, for almost every defect which you may discover can be overcome by proper methods of living and the right kind of breathing and exercise. And who would not devote herself to such simple efforts each day for the sake of becoming a complete woman?

There are other points to be considered, however, in this study of yourself. The young woman who feels that she does not want to marry, because of the work which that may entail and the self-sacrifice which may be involved, is not a complete woman. She is lacking in the very essentials of womanliness. Responsibilities are a joy to one who has the courage to meet them, and the greatest pleasure in the world comes through sacrificing oneself for those whom one loves.

So far does this fear of an undue amount of labor affect some women, that they are willing to forego the greatest blessing of all, motherhood, in order to escape the additional burdens which it may bring to them. Can such claim to be complete women? They do not know the joys of which they are depriving themselves. Neither do they realize how unnatural is their state of mind and heart. There are no exercises of the body to be prescribed for those who have reached

this supreme state of selfishness. They may serve as a warning, however, to the younger women who may be in danger of placing their own personal ease above the normal joys of life. If, as you closely scan your own thoughts and feelings, you find deep hidden within yourself an impulse, or even the beginning of an impulse, in this direction, root it out with a ruthless hand, knowing that that way lies the ultimate destruction of the very highest and best of your womanly nature.

The normal woman is not afraid of responsibilities. Work is to her a joy, because she has the strength and vigor to accomplish with ease whatever lies before her. Her family cares have, from the beginning of time, been the means of woman's unfoldment, and of the development of the human race. The girl who finds herself disinclined to fulfill her daily duties should begin at once a course of vigorous exercise to build up her physical health. Once she has overflowing vitality, she will find pleasure in everything that she has to do. With deep breathing and outdoor exercising, she will find the normal instincts of womanhood return to her. Life with its manifold opportunities will beckon to her. She will follow gladly, rejoicing in the knowledge of her own completeness, and ready for the duties that may come to her through the fulfillment of her womanly functions.

CHAPTER V

The Old Maid

PROBABLY a good many of my readers, when the above heading catches their eye, will feel inclined to say, as did the old farmer looking at a circus poster of a two-headed calf, "There ain't no such critter." True it is that to-day we hear almost solely about single women, and even the term "spinster" carries with it no such suggestion of contempt as that embodied in the two words, "old maid."

Some few years ago the phrase, "bachelor girl," was a popular one, and we still have her with us, though the name is less used. The bachelor girl is an unmarried woman, of almost any age, who has gone out into the world of business and is leading her own independent, and generally very efficient, life. She carries with her no suggestion of failure. No one could ever think of her as a remnant on life's bargain counter. She has remained unmarried because no man came into her circle of friends who possessed enough attractions to woo her from a life of "single blessedness." It would sometimes seem to be something of a reflection upon the men of the present time, when one looks over the women who would have made such splendid mothers, but who have persistently remained outside of the bonds of matrimony. The bachelor girl has managed to escape the narrow life and weazened

existence of the traditional old maid; but has she after all nothing to regret?

There are many allurements in the single life. There is, for example, the greater freedom which comes to one who has no one's needs or desires to consider but her own. She can live her own life, which is what so many of us clamor for in the early years of adolescence. She is free to let her ambitions have full sway, and she may, therefore, achieve success—in some instances a noteworthy one. Yet we may ask ourselves, Is she always satisfied?

While she is young and everything comes her way, she is too busy climbing from one point to the next on life's ladder to ask herself this question. When she reaches middle life and finds that she has achieved all that she dreamed of, and possible more, there is little room for this question. But as the shadows of life begin to gather around her, and she finds herself left more and more alone because those of her own generation are silently departing to other shores, more and more frequently must the question return to her, "Is this all? Has it been worth while?"

She sees no young lives ready to take up her work where she must drop it, and carry it on to a still fuller fruition. She discovers that she grows old faster in these later years than do her married friends, because their life is renewed in their children. They live in a constant atmosphere of healthful good spirits and activity, which keeps the blood circulating faster, and continually stim-

ulates them to greater physical efforts, which result in stemming the rising tide of old age. Life has brought to the bachelor maid many compensations, but it has not brought these most lasting ones. While she felt, in her earlier years, that she was more fortunate to be able to carry out her ambitions than those whose responsibilities interfered with them, now she finds that she has nothing to look forward to, and that the fulfillment of her early ambitions fails to satisfy her. Her life will end when she dies. There is no one to carry it on.

The single life is freer, it may be, from responsibilities, from obligations, from burdens, from the need for self-sacrifice; but it is also lacking in the richer joys which come through the service of others and in the love that springs from the closest human relationships. The nature of the woman is not developed to its fullest extent if she has spent her lifetime alone; and the very burdens which seemed to her to weigh down her married friends prove to be the blessings which brought into fullest expression the rich treasures that lay hidden within their natures.

There are many young women, it is true, who are compelled to stay outside the estate of matrimony. There will be many more, because of the hundreds and thousands of young men whose lives have been consumed by war. What compensation is there for them?

Although they may never know the intimate joys of marriage, there is no reason why they

should be deprived of the deep and lasting happiness of motherhood. Without any doubt, the greatest, the most lasting, most satisfying happiness that comes to woman, comes through the gratification of her maternal instinct, and it need not necessarily be her own children who bring to her this satisfaction. There are today thousands of little children left orphans because of war, and no woman need ever be without little children in her home.

Neither should she be afraid to face the possible consequences of an heredity with which she is unfamiliar. We must remember that through the workings of this law, good is handed on just as inevitably as is the bad, and in a much greater degree. The abnormal tends always to its own destruction. It is only the normal which can be handed on down an indefinite line of generations.

We have allowed this thought of heredity to become too great a bugaboo, and too often have allowed the richest blessing to slip from our grasp, just because we were afraid of what might develop within the life. Read the stories of those who have dared to adopt unknown little ones and see what wonderful things have been accomplished by them. It may call for wisdom, tact, patience, unfailing love, to overcome the nature that is born a little twisted in one way or another, but it is those very things which develop in the mother the very richest part of her own nature. Adopt a child while it is still an infant in arms, and in six weeks' time you will be unaware that

the child is not your own, and will probably resent any remark which brings the fact to your mind.

There can be no narrowing of the life into selfish channels when the responsibility for another human being has been gladly undertaken. There will be no drying up of the fountain of life as the years go by, but rather will it grow richer and fuller from year to year. Thus may the bachelor girl insure herself against the dreaded fate of ever becoming that pitiful creature, the traditional old maid.

CHAPTER VI

Choosing a Husband

A HUSBAND should not be an accidental acquisition; he should be the result of a deliberate choice.

No woman buys the first gown she sees when she steps into a shop to escape a shower. She first makes up her mind that she wants a dress for certain uses. She decides what will probably be the material, and has, in general, a pretty good idea of what will be in accordance with her tastes and needs.

Should she not exercise at least as much care in making the choice of a life companion? He will be a much more important factor in her life's happiness than a mere bit of apparel, and he cannot be so easily discarded. Upon the success of her choice in this particular will depend, very largely, the success or failure of her life.

That the young woman is supposed to be chosen, not to choose, I realize very well. But anyone who is acquainted with the real facts in the case knows that, in reality, it is the young woman who exercises the power of choice. She it is who attracts and draws to her the individual who is most pleasing to her tastes. Her methods are not apparent to the superficial observer. She may even be more or less unconscious of them

herself, but they are none the less real and effective.

She must have, therefore, some standard of choice. She must realize what it is she is selecting this man for.

In the romantic days of her early adolescence, she thinks only of that which may contribute to her individual pleasure. The man who is handsome to look upon and can stir in her a thrill of physical admiration, seems to her the most desirable individual in the world. In reality, however, she is not considering in the least his true place in her life. This is one more reason, a most important one, why it is advisable for young girls to wait a little before making a definite choice of a husband. They should wait until their own real purposes and ambitions in life have more fully developed, so that the choice can be made more in accord with what will be their lifelong desires.

The real vital function of the man of her choice is to be the father of her children. If parents were willing and able to answer the early questions of their children as to their own origin, and to continue talking sensibly and seriously with them upon the subjects related thereto whenever their inquiries indicated a desire for further enlightenment, young men and young women would grow up with a thorough understanding of the importance of the parental function. It sometimes even shocks a young girl to suggest to her that she should consider the welfare of her possible chil-

dren when she is thinking of accepting some young man's proposal. It should not be a shocking suggestion to her, however, and would not, if she had been brought up to think rightly upon this vitally important subject.

Let her choose, then, first of all a MAN in every sense of the word. Not a mere appendage to a cigarette; not a lounge lizard; not a perambulating stock-ticker; not an animated booze receptacle; not a whited sepulchre of disease and corruption; but a man who is physically strong, mentally alert, morally pure and clean and upright. Without these essentials of physical health, mental capacity and moral integrity, a man is not fitted to make a successful husband and father.

If a young woman follows her own intuitions and cultivates her own keen critical faculties, she will be able to judge pretty well for herself in all of these matters. She can tell by a young man's clear eye, upright carriage and springy step that he is in a condition of abounding health and vitality.

Bleared eyes tell the tale of alcoholic intoxication and nicotine-yellowed fingers betray the weak-willed, self-indulgent, inveterate smoker.

The man who is completely absorbed in business generally lacks the time and interest to pay any continuous attention to the gentler side of life, and as soon as the first flush of ardent devotion has passed he will, in all probability, be neglectful of his wife, and later of his children.

As for the man who is morally corrupt, a woman's intuition will generally warn her, if she will but listen and follow its indications. Unfortunately, too many women are in the habit of silencing this inward monitor, and so lessen the protection which it is intended to afford them. These men have learned through their association with women of another type just how to stir the sex nature of a woman, and through their powers of fascination they stimulate that side of a woman's nature which causes her to refuse to listen to hints of danger and insist upon following her own desires.

It is in some such way as this that many a good girl is lured to her ruin. She has not learned to distinguish between her own higher and lower desires, and so she does not recognize that it is the better part of herself which utters this persistent and disturbing warning, and that it is the lower part of herself which endeavors to stifle all restraining suggestions. The girl who is honest with herself will be able, through their different effect upon her own emotions, to distinguish between the glance of frank admiration from a pure-minded man, and the look of sensuous enjoyment from one of the dangerous type referred to. From a man's conversation, also, much may be learned of his thoughts. If these appear to be running always in the direction of sensuous pleasure, if not of sensuality, the young girl would do well to govern her actions with discretion, and to turn resolutely away from any inti-

macy with a man of such calibre. Even though he should eventually marry her, she will probably find as the years go by that the better and more enduring part of her nature is left unsatisfied, while purely physical pleasures have not only ceased to exert their former sway over her, but have become an almost unendurable degradation.

Physical vigor is apt to bring with it abundant good spirits and cheerful optimism, and these attributes are most essential to a successful married life. The man or woman who always has a grouch, cannot claim to add very much to the happiness of his or her family. Girls would do well to remember this, for, unfortunately, their pity is often touched by a young man who always appears to be having a hard time.

Pity in women is a very dangerous feeling, for many of them mistake it for the more vital and lasting emotion of love. Pity indicates a negative attitude of mind, and is generally called forth by a negative mental state in its recipient. You pity the man who is down and out, as he sits in a dejected attitude with his head hanging low, and his hands dropping limply at his sides. You say, "Poor fellow!" and shake your head, and enter into a corresponding weak and flabby mental attitude.

If you had true sympathy for him you'd clap him on the shoulder and say, "Cheer up, old fellow. The battle is not lost yet. Get up and go to it."

Of course, this latter attitude does not allow of so much sentimental petting as the former, and so does not often lead to romantic attachments; but it is for this very reason, much safer for all concerned. Let the girl who is tempted to marry a man because she "feels so sorry for him" remember that there will be many occasions in her life when she will need a strong arm to learn upon, and a courageous spirit to uphold her in her time of trial.

There can be no question but that love is the essential foundation of all true marriage, and yet love, as that word is commonly used, is not enough.

There must be a strong physical attraction in order that there may be a harmonious and life-giving physical relationship.

There must be mental companionship in order that, as the years go by, the two may grow more and more intimately into each other's lives.

There must also be a spiritual union. They must have common aims, ideals, and a common attitude toward life and its great purposes. It is only in this highest realm of the spiritual, as we call it, that an enduirng union can exist, and without this, the coming together of the two individuals may prove to be only temporary.

CHAPTER VII

Judging a Man's Fitness

THE question of personal purity in the man whom she marries is of supreme importance, not only to the young woman herself but even more to her possible children. If in all other matters a man has proven himself thoroughly desirable, but there is doubt about his habits of life in this particular, no step should be taken by the young woman until she is assured he is wholly acceptable in this matter also.

From the standpoint of fairness, it would seem that a woman had every right to expect the same purity of life in the man whom she marries that he demands of her. For generations, however, this has not been the attitude of the world. Acts that cast her into the outer realm of social degradation were looked upon as negligible factors in his life.

It was almost universally conceded that a young man must sow his wild oats, and no thought was given to the girl who might be ruined because of his habits of life, nor to the harvest of wild oats which might result from that sowing. Indeed, the majority of parents accepted the saying that a reformed rake made the best husband. The idea was, I suppose, that, having had his fling, he was now ready to settle down and devote himself exclusively to one

woman. Through his multifarious experiences with many women, he was supposed to have become a past master in the art of charming the feminine heart, and so the woman to whom he brought his final and, supposedly, lasting devotion, was looked upon as a fortunate creature.

Today we are not able to take this point of view. The knowledge science has gained of the physical consequences which come as a result of this form of moral transgression has made us thoroughly aware that the woman who marries a reformed rake is running a terrible risk.

The young girl of yesterday was not supposed to know anything about the details of the life of a man during his years of freedom from restraint. She could not be expected, therefore, to know anything about the consequences of that life. In beautiful, trustful ignorance, she was handed over to this man, who had sated his soul with life's excesses and now turned to this young, fresh, beautiful creature as the one who could most nearly restore to him the joy of living which he had deliberately thrown away.

Upon that altar were sacrificed her youth and beauty, her health and vigor. It was not uncommon to see the young bride droop and wither and quickly become a faded flower—sinking, it may be, into lifelong invalidism. The mysterious dispensation of an inscrutable Providence! The children that she brought into the world were puny little creatures, ailing from their birth, lived only a few hours, it may be, or were still-

born. She knew all of the sorrows of motherhood and none of its joys, and throughout her life, perhaps, remained ignorant of the real source of her tragic experience.

We know today that the sufferings of the bride and the tragedy of her children were not the workings of an inscrutable Providence, but were the direct, unescapable consequences of the sowing of wild oats which had taken place in her husband's youth. We can no longer shut our eyes to these facts. The researches of science have proven them to us, and the experience of the human race constantly emphasizes the observations of the laboratory.

It is for this reason that young women have so vital an interest in the habits of young men.

If the latter have a right to demand absolute chastity of life and purity of thought in the bride whom they lead to the altar, so has she an equal right to demand exactly the same thing from them. She *must* demand it, not only for her own sake, but also because she is choosing half of the inheritance of her children. She dare not accept that which threatens to blight these helpless little lives, to send them into the world blinded, it may be, idiotic, epileptic, or burdened with other physical handicaps from which they can never hope to escape.

The subject is so vital that every girl must have the courage to face it and know for herself just what are the physical consequences of this form of moral transgression. When we deal in

general phrases, it is always possible to think that we are exaggerating. Therefore it is necessary to tell the young girl something of just what these diseases are, and just what they mean to the individual who becomes infected with them.

The diseases which come as the result of sexual immorality are called the venereal diseases. They are three in number: syphilis, gonorrhea, and chanchroid.

The last named is a local infection, the least serious and the least frequent of the three common venereal diseases.

The other diseases are two of the most serious from which the human race suffers. While gonorrhea was at one time considered but little worse than a cold, today it is known that its consequences are of so lasting a nature that it must be looked upon as of equally tragic importance with syphilis.

Both of these diseases are due to micro-organisms which, once established in the blood, are almost ineradicable. Indeed, until the last few years, syphilis has been considered absolutely incurable; and while today scientists claim to have discovered a remedy which will eventually bring about a cure, gonorrhea still remains a baffling problem.

If the transgressor was the only sufferer from this disease, we might not be so deeply concerned. Too often, however, it is the innocent wife and helpless children who must carry the heaviest part of the burden of retribution.

Although the wife is most frequently the sufferer from the husband's diseased condition, it is not only in the married relation that this infection may be conveyed. If the virulent discharge can find any least break in the skin through which the micro-organisms can enter the system, infection takes place.

It is for this reason that the disease of syphilis is such a serious menace to society. The mother, or sister, or friend, of the diseased individual may become infected through using the same drinking cup, the same towel, the same napkin, or through a kiss.

Whether the infection is innocently received or not, the course of the disease is practically the same. From two to eight weeks must elapse before the germs make enough poison to cause the first sign of the disease to appear. At that time, a small red spot like a pimple or ulcer may be noticed. This is hard to the touch, and is called a chancre.

This is the best time for treatment. If the disease is taken at this stage, there is all the hope in the world that its further progress may be completely averted. For this reason, attention should be paid at once to any small sore, hard in character, especially if it appears upon the sex organs.

If the proper treatment is not given at this time, the poisonous germs develop with great rapidity, and starting through the general circu-

lation, grow in strength and number from day to day.

Within from six weeks to three months, enough of the poison will be developed to cause the second stage of the disease. This second stage may make itself known through headaches, bone pains, fever sores in the mouth and throat, skin rashes, or swelling of the glands. At this time treatment is imperative and must be followed persistently and unceasingly, until the severest tests prove that it has been successful.

If the second stage is neglected, or the treatment given up before its end has been gained, then inevitably will develop the third stage. This comes very slowly, however, sometimes many years after the patient has supposed that he or she was completely cured. It may take anywhere from one to twenty years for this third stage to make its presence unmistakably known. These latest consequences are naturally the most serious. The terrible creeping paralysis known as locomotor ataxia, general paresis, hardening of the arteries, some forms of insanity, deformities and chronic heart disease may all come from this cause.

These facts should be known by every woman. Before marriage, she needs this knowledge that she may understand the vital importance of protecting herself from marriage with a man suffering from this disease. After marriage, she needs the knowledge, not only for her own protection, but also in order to insure that her husband,

should he become infected, will take the necessary treatment until he is absolutely cured. The course of treatment will have to be followed for at least three years.

The young woman needs also to consider what this disease means to her children. Eighty per cent. of the children born with this infection die within a few hours after birth, and for this death the mother has cause to be thankful. Those who survive will be found to be so weakened, either physically or mentally, as to be a lifelong burden to themselves and to those about them. It is not necessary to go into the horrible details of this illness. Suffice it to say that epilepsy is one of the common manifestations of this inheritance, while it also causes a predisposition to tuberculosis and cancer.

The other serious venereal disease, gonorrhea, is, from some points of view, even more to be dreaded by women than syphilis. This disease is caused by micro-organisms which directly attack the generative organs, causing an inflamation which may eventually be transmitted to the fallopian tubes. If these become closed through the inflammation, sterility results, and this is found to be the cause of more than fifty per cent. of sterility in women.

No absolute cure for gonorrhea, when once it has become thoroughly established in the woman's system, is known. It is important therefore, to know the first symptoms of this infection, as, if the proper treatment is given at the

very beginning of the infection, it will probably keep the disease localized and prevent damage to other organs.

The first indications of gonorrhea are those of an ordinary acute local infection in the creative organs. This soon makes itself evident by the appearances of a thick yellowish discharge, which is highly contagious in character. It takes at least four weeks to effect a cure, and the disease is highly communicable at all stages. Many surgical operations on the female generative organs, and many chronic diseases of these organs and of the joints and bladder, are caused by this infection. It is the most prevalent of all diseases except measles.

Its effect upon the children is most tragic. Eighty per cent of blindness in new-born children is directly due to the infection received from the mother at the time of birth. It is assumed that ten per cent. of all the blindnss in our country is due to this disease.

The young woman cannot be too careful, therefore, to choose her intimate associates from among those young men who, she has reason to believe, are chaste in act and pure in thought.

When the time comes for her to say a decisive, "Yes," she should call upon father or brother, if she is so fortunate as to possess these masculine protectors, to learn definitely for her whether or not the young man is absolutely free from all taint of communicable disease. If she has no one upon whom she can call for this important in-

quiry, she should not hesitate to broach the subject herself, before she has irrevocably given her word. Any honorable young man will be only too glad to assure himself, by proper physical examination, that he will be in no least way endangering the health of the one whom he loves by entering into the close relationship of marriage with her. In some States it has been made a legal requirement that, before a license is granted, both parties must establish, under oath, their freedom from all communicable disease.

If upon her request the young man evinces indignation and refuses to submit himself to such physical test, she may accept his attitude as convincing testimony to the probabiltiy of his being either infected, or having at least, run the risk of infection. Better an aching heart for a few months at this time, because of blighted hopes, than a lifelong period of regrets for her own lost health and the sad inheritance of her children.

CHAPTER VIII

Marriage and the Drink Question

THE personal habits of the man whom she is to marry are a matter of vital importance to every young woman. Some people think it an evidence of unnecessary meddlesomeness on the part of the girl to presume to pass judgment upon the young man's use of alcohol or tobacco. If it was only her own personal convenience which she had to consider, it might be looked upon as an act of gracious self-abnegation for her to put aside any personal prejudices which she might have against the man's method of soothing or stimulating his nerves. It is not a matter merely of personal preference, however. For the sake of her possible children she must consider this question with the utmost carefulness, and she will find, when once she has made a thorough study of it, that the man's welfare is equally involved.

The question of the use of alcohol may first come to her as a personal one. When she begins going out into society, she may find that, upon occasion, she is urged to take a social glass of wine; and the fear of being considered a crank or a kill-joy may overcome her own scruples, largely because she has no satisfactory reason to give for a continued refusal.

The reason that stimulants are so popular on

social occasions furnishes the very best argument against her indulgence in them. The very first effect of alcohol upon the system is the suppression of the natural inhibitions. In simple phraseology, the restraints which we ordinarily place upon ourselves, because our judgment has been trained to recognize the benefit of such self-restraint, disappear as a result of the clouding of the reasoning faculties and the paralyzing of the will, which is the primary effect of alcohol. Young men who are out for what they term a good time are desirous of getting the young woman to partake of a few glasses of wine, because they know that her manners will become more free and easy, her speech less discreet, and she will be more ready to accept suggestions which her own sense of modesty at another time would cause her to frown upon.

The girl does not know that her moral sense is paralyzed. She is only aware of what seems to her to be increased brilliancy, and she is apt to feel that she is shining in a conversational way, whereas in reality she may be making a silly fool of herself. Being thus in a condition where she cannot truly distinguish right from wrong, she is in the greatest possible danger from the conscienceless young man, who will take advantage of her irresponsible condition to lead her into a situation from which she will find it almost impossible to extricate herself.

Alcohol is looked upon by many as a sexual stimulant, which is doubtless another reason why

it is used so universally by unscrupulous men. They figure that, if they can arouse the sex nature of the young woman, she will then more readily respond to their immoral advances; and, as it does act to lessen her moral sense and the restraint which she would ordinarily put upon herself, in a great many instances it accomplishes its purpose.

Alcohol has, of course, the same effect upon the young man. Its continual use will produce a blunting of the moral sensibilities, which will make it impossible for him properly to perceive moral issues. While it is supposed to be a sexual stimulant, in the long run it becomes destructive of reproductive integrity. Alcohol appears to increase the sexual appetite, while at the same time diminishing the capacity for its satisfaction. This means, of course, that the man who is in the habit of indulging in alcoholic stimulation will be apt to come under the sway of sexual desire with increasing frequency, so that his wife is very apt to find herself meeting a constantly increasing demand. The self-control which is necessary to a well-regulated marital relation will be almost entirely lacking, and her condition of bodily servitude, as we might call it, will grow worse instead of better with the succeeding years.

In this connection, also, the wife owes it to her possible children to consider what their heritage will be, if they are conceived while the father is under the influence of alcohol.

Says the eminent Dr. Willard Parker: "The

hereditary influence of alcohol manifests itself in various ways. It transmits an appetite for strong drink to children, and these are likely to have that form of drunkenness which may be termed paroxysmal; that is, they will go for a considerable period without indulging, placing restraint upon themselves, but at last all the barriers of self-control give way, they yield to the irresistible appetite, and then their indulgence is extreme. The drunkard by inheritance is a more helpless slave than his progenitor, and the children that he begets are more helpless still, unless on the mother's side there is engrafted upon them untainted stock. But its hereditary influence is not confined to the propagation of drunkards. It produces insanity, idiocy, epilepsy, and other affections of the brain and nervous system, not only in the transgressor himself, but in the children, and this will transmit predisposition to any of these diseases."

In this connection we must also consider the question of the advisability of the nursing mother using some alcoholic drink such as beer or wine, which are frequently recommended to nursing mothers. The following quotation gives a very clear picture of the effect of such a procedure upon the child.

"A large share of the alcohol finds its way out of the system into the milk, and in this way delicate babies are kept in a state of semi-intoxication from birth until they are weaned. A mother finds her child nervous and fretful. She takes a glass of ale an hour or two

before nursing the infant, and is pleased to find that he becomes quiet. She little dreams that his quietude is only the narcotism of alcoholic poison; yet such is the truth. Everyone knows that a dose of castor oil given to a nursing mother will affect the child as promptly as the mother. The same is true of alcohol; but the delicate organism of the infant is far more susceptible to its poisonous influence than is the mother's system. Beginning life under such a regimen, is it any wonder that so large a number of young men, and young women also, develop into drunkards? Such a result is only the fruit of the seeds sown in earliest infancy. The ancient Romans were so well aware of this fact that the use of alcoholic drinks was by law prohibited to a Roman mother while an infant was dependent upon her for food."

CHAPTER IX

Personal Habits in Relation to Marriage

WHILE there is a growing willingness in this country to accept the conclusions of science to the harmfulness of alcoholic stimulation, there seems to be growing also a complete unwilingness to accept the same judgment in regard to th euse of tobacco.

It is not strange that, with woman's increasing freedom, there should come a greater reluctance to limit her actions by what has hitherto been considered "proper" or "improper" for her. She feels that she is a human being and, if it is right for a masculine human being to indulge in this habit, it is equally right for his feminine counterpart to do the same. In this position she is fundamentally correct. If it were right for man to allow himself this form of self-indulgence, it would be equally right for her.

Viewed from the standpoint of the effect of this habit upon his own constitution and upon the inheritance of his children, however, it is not right for him. Therefore, it cannot be considered right for her. Moreover, she is responsible not only for the inheritance of her children, but for the conditions under which they pass the nine months of their prenatal life; also, when she performs the mother's full function, she is responsible for the condition of the food received by the

child during the first nine months of its separate existence. Therefore, as her responsibility is greater, so is her duty in this matter greater.

One of the arguments which should have the greatest weight with men in considering this question is the fact that tobacco-using is a very common cause of impotence. The effect of this poison is not so immediate as that of some others, but, in the long run, it has a most depressing effect upon the procreative function. So well is this understood by the medical profession that it is used definitely for the purpose of allaying the sexual desire. The man who prizes his virility, therefore, will not allow himself to form a habit which will bring to his system the inevitable destructive effect of this alkaloid poison.

It would not be fair for us to consider simply those poisons which men are most apt to take into their systems, and neglect the ones which women are most inclined to indulge in.

Tea and coffee are not ordinarily considered poisons, yet their effect is unquestionably poisonous. It is only recently that the morbid effects of these beverages have been sufficiently well studied to secure the recognition of the fact that they produce a distinct class of such symptoms.

Says Dr. B. W. Richardson: "The symptoms which indicate the injurious action of this form of drink (tea) are sufficiently characteristic. They are intensely severe headaches, constipation of the bowels with what is usually considered to be deficiency of bilious secretion, flatu-

lency, unsteadiness and feebleness of muscular power, and not infrequently a lowness of spirit amounting to hypochondriacal despondency. In poverty-stricken districts amongst the women who take tea at every meal, this extremely nervous semi-hysterical condition from the action of tea is universal. The flatulency induced by tea taken late in the evening, has the effect of interfering with the processes of sleep, it prevents or disturbs sleep by dreams and muscular startings, and is a common cause of that peculiarly painful symptom known as nightmare. Coffee, like tea, induces dyspepsia, and perhaps with even more activity than tea it keeps the brain awake when that wearied organ ought, according to nature, to be asleep."

I have suggested elsewhere that the drinking of tea and coffee in unlimited quantities on the part of women probably has a great deal to do with the prevalence of what is called frigidity in women, due to the health-destroying effect of theine or caffein, either of which must have an effect upon the reproductive system, as have other drugs.

The use of bromides must also be condemned. It is undisputed that they are sexually depressing. They paralyze and destroy the sex function. The safest plan is not only to avoid the more powerful drugs and poisons, but to steer clear even of the milder stimulants and narcotics.

CHAPTER X

Why Think About Marriage?

ADOLESCENCE is the term applied to that period of life which extends between childhood and maturity. It might very well be called the mating period, because it is during these years that the interest of each sex in the other is intensified, and they are drawn together until, in the majority of instances, each finds his or her mate, and marriage ensues. Normally, this intensified interest in the opposite sex should not manifest itself to any degree before eighteen or twenty years of age. But so unnatural are the conditions under which the majority of people are living at the present time, that boys and girls in their early teens often get the notion that they are in love with each other.

Without doubt, this condition of affairs has been largely brought about through the unwise suggestions of the adults. Even in childhood parents will suggest that the little boy and girl —perhaps four or five years of age—who delight in playing together, are "lover" and "sweetheart." And so, from early youth, the impression is made upon the plastic little minds that boys and girls must always associate upon this basis of a sentimental relationship. The result is most unfortunate. The children lose the bene-

fit of a healthful comradeship during the practically sexless years of childhood, and they develop a premature sex interest in each other, which may have very serious consequences. If nothing worse happens, the boy and girl at fourteen or fifteen years of age are likely to think that they are madly in love with each other, and so we have these startling elopements and child marriages; or, if the course of love fails to run smoothly, the tragedy of a child suicide because of unrequited love!

There is no doubt that the greater part of all this unhappiness could be avoided if adults would cease to treat love and marriage as a subject of jesting, and be willing to speak of it in all seriousness whenever the children indicate a desire for information upon this all-important subject.

The little children take it for granted that they are to reproduce in their lives the lives of their parents. The little girls play with their dolls and talk about what they are going to do when they have children of their own. The little boys plan also for the future and talk about what they are going to do for their little boys. The way is open, in the very earliest years of life, for parents to make a deep impression upon the minds of their little ones as to the sacredness of marriag and the responsibilities which it entails. Such instruction given in the early years would safeguard the young people when the turbulent period of adolescence has been reached.

It will very often be found that under normal

conditions the girl in her early teens, while she perceives the question of marriage arising upon her horizon, will nevertheless feel a disinclination for the marriage state. This is not to be wondered at. She is still a child, with the child's love of freedom from responsibilities, and it is just as well to encourage in her, for the time being, the feeling that she does not wish to assume any added burdens, knowing that in all probability this attitude of mind is a temporary one, and will pass away with the passing of the years.

The girl at sixteen or eighteen years of age, however, begins to come more definitely under the sway of romance. She dreams of a possible lover, but her mind goes no further. She does not care as yet to dwell upon the possible consequences of his actually coming into her life.

The girl of eighteen or twenty should normally be ready to begin to think seriously and definitely of marriage, with all that it may mean. Many girls, however, prefer to dwell a little longer in the atmosphere of romance, and so they may feel moved to ask the question, "Why think about marriage? Why not let me dream a little longer? It is so beautiful here in the land of romance, and there are no sharp corners or ugly details to obtrude themselves upon my notice."

Their reluctance to leave the realm of the ideal is not difficult to understand; they are incapable of realizing the importance of having a clear vision at this most critical period of their life. But their eyes must be freed from the mists of

their dreams that they may perceive truly what is round about them.

Many a young girl, still living in the land of make-believe, invests some young man whom she meets with all the glamor of that romantic realm, and, marrying him while still under its spell, awakens finally to find herself in the grasp of a situation from which she cannot escape and which promises to her only life-long unhappiness and possible disaster. What would she not give to be able to go back and, with clear vision, view the question of marriage in its true light!

Girls must be willing to consider thoughtfully the subject of marriage from all points of view, if they would protect themselves from lifelong regrets. It is not only the young man whom they must study from the point of view of what marriage really means, they must also study themselves. What will marriage mean to them? What effect will it have upon their own development? What is the reason for marriage, and what part does it play in human life?

CHAPTER XI

Marriage and its Alternatives

WE have already considered the meaning of sex. We know that it is the principle which divides humanity into two halves in order that each may specialize along a certain line. Marriage, therefore, is the means whereby these two halves are conjoined for perfect functioning. As has been said, sex is the great paradox, for it divides in order that it may unite.

One great purpose of this union is the continuance of the life of the race upon the earth. There is another great purpose, however, which must not be overlooked, and that is the true completeness of the lives of the two individuals concerned. It is from both of these points of view that we must consider marriage. But at this time we will confine ourselves to the consideration of marriage from the standpoint of the contracting parties.

One of the greatest needs of the human soul is a sympathetic companionship. The human heart longs for some one who shall truly understand its emotions and aspirations, and it requires both sympathetic insight and intimate, lifelong association to give this in its highest degree.

This is the treasure which two young people set out to find when they enter the long road of

matrimony, and it is well worth their utmost endeavors. Moreover, it is only in marriage that human beings can arrive at their highest development and a complete unfoldment of their powers. In the perfect union each brings to the other those qualities in which he or she is most lacking, and, bit by bit, draws out from the other the best that lies hidden within him or her. Many have commented upon the striking resemblance that has often developed between a husband and wife who have spent a lifetime in close association, and this assimilation of opposite characteristics must necessarily mean a more rounded development of the individual. The bearing of common burdens, the surmounting of the same obstacles, the working toward the same aims, if made in the same spirit, must contribute to their united development.

Marriage is not a pastime. It is a great undertaking, and calls for the exercise of the highest qualities the individual possesses to bring it to a successful completion. For this reason, it is well to think of marriage long years before entering the state, in order that one may prepare oneself in every possible way for success in the great adventure. The young woman who studies the married life of her friends and acquaintances, in an effort to discover what makes each a success or failure, will be in the way to learn many valuable lessons. Even though she may never marry, whatever she gains that would help make a possible marriage more successful,

will also contribute to the rounding out of her character.

It is well also for a young woman to bear in mind the thought of the possibility of marriage when choosing her friends. She may at first be inclined to think that it doesn't really matter what sort of young men she goes out with in search of a good time; but when she once realizes that from among the young men whom she meets every day will come, in all probability, the one whom she will choose to marry, she can no longer look upon this matter of friends as a negligible factor in her future happiness. If she is wise, she will limit her circle of intimate friends to those whom she feels are fit to make good husbands and fathers.

It is because they are vitally interested in the young men of today as their possible husbands, and the fathers of their children, that the young women of today have so deep a concern in masculine habits and ways of living. Whatever militates against the physical, mental and moral integrity of the young manhood of the nation should receive the outspoken condemnation of the young womanhood of our land. It is in the mating period that the young men are most easily influenced by those whose approval they are so eager to win.

The girl who has not thought seriously on the subject of marriage for herself may make the foolish mistake of allowing her time and attention to be monopolized by some young man

whom she would never think of marrying, but who is able to give her "a good time." She does not stop to realize that she is limiting her own powers of choice by thus allowing all other young men to be kept away; and not until she has passed the years of her greatest attractiveness, it may be, does she wake up to the fact that her best opportunity for a successful marriage has passed.

There are several important questions to be considered in connection with marriage. The first of these is the economic question. The young man who is physically ready to marry, has not, in the majority of instances, reached that point in his business career where he can command the income which the young woman's father has reached at the end of his years of struggle. The girl is in danger of thinking that she should start her married life at the point to which her parents have attained, and so she may feel it necessary either to refuse the young man whom she really loves, because he isn't making enough money, or else to urge an indefinite postponement. These are both serious mistakes for her to make. She may flatter herself that her action is simply the expression of a commendable prudence, but closer analysis of her own heart will show her that the real reason is cowardice on her part. She is afraid to face the hard realities of life, as her mother probably faced them before her. She wants to live a cushioned existence. She is not brave enough to get out into the daily struggle and do her share of the work of the world. In

modern phraseology, she is a slacker, and as such she should be heartily ashamed of herself. What are youth and health for, if not to glory in the surmounting of obstacles? The harder the conflict, the greater the joy of victory. She will be unworthy of the army of women who have gone before her, and from whose primitive efforts have sprung the civilization of today, if she shirks her part in the great undertakings of life.

This is a question that is certain to come very closely home to the girls of our land when they realize the necessity for strong enduring bodies. For years following the world's war thousands of young men will be in a more or less crippled condition, physically or economically. Their general health will be good, their stamina will have been strengthened through the stress and strain of war, and their characters purified in the furnace of the great conflict, but they will be handicapped in the struggle for daily existence either by some actual disability, or because they have been expending their young energies on other struggles than that of "making good" in the business world. The crippled may feel that, being only wrecks of humanity, as they might put it, no girl would consider a life with them acceptable. This will be the opportunity for our American girls to show the stuff of which they are made. It will be their privilege to help carry the burden of family support, and, as they feel their powers develop under the strain, they will know

the joy that comes from exerting oneself to the uttermost. It is only the brave who deserve lifelong happiness, and our men who will have suffered so much must not be counted out of the running.

Occasionally, however, young women have to meet another type of man. This is the man who urges a girl to enter into all the intimacies of the marriage relation with him, while at the same time he excuses himself from assuming its legal obligations. In this instance, it is the man who is the coward, and a coward of the most despicable sort. He is deliberately planning to throw all of the burdens of this relationship upon the woman. He says he is not financially able to support a wife and possible children. What, then, does he ask of her? To support herself while giving him her love and companionship, and, should a child come into the world as the result of their union, she is the one who cannot escape from that responsibility, while he will slink away to some safe spot where he can continue to make life comfortable for himself! The pity is that women are ever so blinded by their love and desire for self-sacrifice that they will allow themselves to be thus defrauded of the care and protection which are their due. If they saw the man in his true light of unmitigated selfishness, they could only despise him; but, being blinded by their own idealism, they may allow themselves to be led into this unfair relationship.

CHAPTER XII

When to Marry

EARLY marriages are generally considered very advantageous for the young man. It might be well for us to consider whether the same holds true as regards the young woman.

When the young man of twenty-one is urged to marry and settle down, it is incumbent upon us to realize that in all probability his wife will be somewhere in the neighborhood of eighteen years of age. She may be even younger than that. Many a girl of sixteen feels that the young man of twenty-one has inspired in her such a love that she cannot live without him, and she may, therefore, seriously consider marriage at this early age.

Marriage before eighteen years of age in women of today is considered premature, and premature marriages are not advantageous, either for the individual or for the race.

It must never be lost sight of that this question is one to be considered from the standpoint of possible children. This is one of the most vital considerations, and it is a wonderful resolvent of perplexities; questions which might otherwise remain obscure become as clear as day when viewed in the light of the welfare of future generations.

It can readily be understood that at sixteen years of age the individual is not mature enough to give the best possible endowment to the children, physically, mentally, or morally. Moreover, the organism is not developed enough to resist well the strain made upon the system by maternity. Therefore, as a rule, those who marry so early in life are liable to age correspondingly early. In races where child-marriages are the rule, women of thirty-six are grandmothers and are already bent and withered—hence the lack of vitality which is found in such races as the Hindoos and other Asiatic peoples.

It is clear that maturity in the individual is desirable before the burdens of parenthood are assumed. When the individual may be considered fully mature becomes, therefore, an important question.

A girl is considered by many to be mature enough for the responsibilities of married life at eighteen years of age. Others again assert that this desirable condition is not reached until twenty or twenty-two years of age. There probably is a good deal of variation in individuals, and the girl, therefore, must decide very largely for herself.

It is not only a question of physical maturity. The temperament of the individual must be taken into account. If the girl of eighteen seems but little more than a child in feeling, given up to the pastimes of that period of life, and with very little thought for the serious side of mature ex-

istence, the probability is she will be happier to postpone her marriage for a few years longer. One's sympathy goes out to those girl-wives, forced to give up the pleasures of girlhood which attract them so strongly for the cares and self-sacrifice entailed by motherhood. They regret the pleasures they are obliged to forego, and hence fail to find the joys which are normally found in motherhood. If they could have had their freedom a little longer, until their natural taste for parties and dances and more or less frivolous entertainment was satisfied, they would then have thrown themselves with a natural zest into the life of a wife and mother, and found therein an even greater satisfaction.

For the majority of girls, therefore, I would say that even eighteen years of age is a little early to enter matrimony. If, however, at that time of her life, a girl finds her thoughts and feelings all turning in the direction of the care of her home, and devotion to a husband and children, she need no longer hesitate to take the important step. Without doubt she is ready and will find her greatest satisfaction in that life.

Girls who have been out in the business world from fourteen years of age, moreover, will probably look upon the care of a home and children as a relief from the monotonous drudgery of their previous existence, and for them marriage may be the best thing possible.

As things are today, however, a great many girls are still attending school at eighteen or even

twenty years of age, and feel that they have not yet completed the work of building up and developing their own individualities. They feel, it may be, that they will have more to offer husband and children if they are allowed time to develop themselves more fully, and in this they are doubtless correct.

The woman who marries at, say twenty-two or twenty-three years of age, can more understandingly enter into her husband's life and make of herself a truer, more sympathetic comrade than if she is an undeveloped girl, with no understanding of life's responsibilities. Then, too, she has had a little time in which to long for a home and children, and she will in all probability, more fully appreciate them when they are vouchsafed to her. She will also have the judgment requisite for the proper care of herself and of those dependent upon her, and the self-control necessary to enable her to make her home a success, and her children properly obedient.

It is not wise, however, for a girl to postpone marriage too long merely because of possible sacrifices which it may entail. She is no true woman if she does not find her joy in going without some personal gratification for the happiness of those whom she loves, and she will lose some of the sweetest experiences of life if she determines selfishly to wait until her husband can surround her with all the ease and luxury which her pleasure-loving soul may demand.

There are many advantages in marrying fairly

early in life. The superabundant vitality of youth enables one to meet the hard knocks of fate with a laugh, and to get pleasure of some sort out of the most tragic situation. Where two can laugh together they can defy the most strenuous circumstances.

Young parents get more pleasure from laughing and playing with their children, and, as these fresh young lives spring up around them, the parents find that they have attained to eternal youth. As a family, they work and play and laugh and love together, and by the time the parents have reached middle age, the children are ready to assume all of the burdens. Having played through their childhood and youth together, parents and children now enjoy the comradeship of maturity, and thus through a long period of life enjoy the closest companionship. With the prospect of such compensations, who would fear to face the exigencies of life in the buoyant period of youth?

It must not be forgotten, also, that childbirth is easier in the earlier period of life than in the later. The woman whose first child is born between her twentieth and twenty-fifth year will, in all probability have a much easier time than the woman whose first child comes between her twenty-fifth and thirtieth year. Maternity before the age of eighteen is also likely to be difficult. These facts would seem to indicate what is the best period for woman to marry.

It may not be amiss for us to consider the ques-

tion of long or short engagements from the woman's point of view. Too brief an engagement does not allow enough opportunity for mutual acquaintanceship. Upon meeting a man, a girl may know that he is fascinatingly handsome. She may also discover that he is a thrilling dancer. She may think that life with him would be one long dream, but if within a few weeks she marries him, she may discover that life has become a hopelessly long nightmare. She might better have taken a little time to discover whether or not there were enduring qualities that would stand the wear and tear of time.

On the other hand, too long an engagement is not desirable. Young people sometimes tie themselves up in this way years before they are able to take up the responsibilities of marriage, and in the end discover that they are fairly tired of each other. Yet they have cut themselves off so completely from other companionship, that there appears to be nothing else in life for them but either to go on making the best of a tiresome matter, or to live a life of separate deprivation. It would have been much wiser for them to have remained free and independent until they were prepared to take the next step within a reasonably short period of time, for the engaged state makes great demands upon the individual, physically, temperamentally and financially.

If two young people are interested in each other, but see no possibility of consummating their union within a reasonably short period of

time, let them remain good friends but retain their freedom, having faith that, if their attachment is a real and lasting one, they will remain true to each other without any pledge having been made. If they do not remain true under these circumstances, it must be taken as evidence that they were not intended for each other, and are, therefore, better apart.

CHAPTER XIII

Should a Girl Marry From a Sense of Duty?

IN the days when women were looked upon as mere chattels, owned outright, first by father and later by husband, there would have been but one answer to the question which heads this chapter. A sense of duty was looked upon as practically her only reason for marrying. She was to marry the one whom her father chose, for whatever reasons seemed sufficient to him; she was not supposed to demur at his choice or to bemoan her fate.

As the idea of individual liberty has taken hold upon people's minds it has caused a change of attitude toward this question of the marriage of women. In this day and generation, no American father would think of commanding his daughter to marry the man of his choice, although without doubt there are instances in which fathers have besought their daughters to marry a certain man because it would be of assistance to them. Sometimes the girl sees for herself the situation in which her parent may be placed, and how her acceptance of a certain suitor may seem to promise amelioration of an unfortunate condition. So she may be tempted, out of the goodness of her heart, to sacrifice herself and her future upon the altar of duty.

There is a certain glamor about self-sacrifice

which often makes it difficult for one who is contemplating such a noble course of action to see matters in their true light. It may seem heartless for one to attempt to dispel so beautiful a dream, and yet, as this is a world of hard fact, we attain our true end and aim only through facing and acknowledging the truth.

Let us consider this question for a woman first, we will say, from the standpoint of honesty. We will take it for granted that the man who has asked for the young woman's hand honestly loves her. He is seeking her happiness in his wish to marry her, and he is taking it for granted that if she says "Yes" it will mean a corresponding feeling upon her part. Suppose she accepts his proposal from a sense of duty. What does that mean? It means that she has started out upon the pathway of deception. If she does not tell him in so many words that she loves him, she at least allows him to think so, and, in the thought of what her sacrifice is going to mean to the welfare of others, she loses sight of what it may mean to him.

He is offering her all that he has—his love, his name, his home, his future and all that it contains. He is giving it whole-heartedly, trustingly, holding back nothing. What is she doing? She is giving him an acquiescence that is forced, a love that is feigned, a body without a soul. She gives him everything in name and nothing in reality, and by s odoing she will gradually stifle the very best that is in him. He gives all his soul

to her and receives nothing of any value in return. She applauds herself for her noble self-sacrifice, never seeing that she is nothing but a walking lie.

And what of the children that are born of such a union? Defrauded of that happy harmony which comes from the union of two souls that are truly united in mutual love and esteem, they come into the world at odds with themselves, and with everyone about them. They may have everything in the external world which riches can afford, but they lack the very essence of life itself. There may be no quarreling and bickering in such a home, but oh! the cold heartlessness of it all.

Think of the supreme selfishness of a woman who would thus sacrifice a man's whole life for the greater eae, or comfort, or happiness, of those who belong to her! She thinks only of her own share in the transaction and never of his.

Such a marriage is an unholy mockery, and the woman who is responsible for it should hang her head in shame.

Here, if anywhere, the poet's words are everlastingly true:

"To thine own self be true,
And it must follow, as the night the day,
Thou canst not then be false to any man."

The same statements apply to any young woman who contemplates marriage for financial advantages alone. In both instances, the young women are deliberately selling themselves for

what they can get in return. Such a transaction should be beneath the consideration of any self-respecting woman.

Sometimes a young woman, in the early ardor of her adolescent years, may have bound herself in an engagement to a young man whom she finds later she does not truly love. With the old ideas of honor, she may think it incumbent upon her to keep her promise, no matter how her feelings may have changed. Let her consider for a moment, however, just what her actions will mean. To fulfill her promise now that her heart has changed, or has outgrown its former sentimental leanings, would be to act a falsehood. Let her not think that this fact will remain forever undisclosed. Actions speak louder than words, and, without doubt, the time of revelation will come when it is too late. Better a broken heart for a few months in one's youth, than a lifelong regret. The man himself will have cause to be grateful to her if she has the courage at this time to speak the truth, and bid him to seek elsewhere for one who can love him as he deserves to be loved.

It is no real kindness to marry a man who loves you and thinks that you honestly return his love, when your heart is already cold toward him. It is simply cheating him, giving him a poor imitation of the real thing which he proffers. No matter what her motives, the woman who allows herself such a course should be branded as a cheat or a liar.

These are strong words, but when such priceless possessions as love and truth and honor are at stake, one cannot afford to be aught but outspoken and emphatic.

There is another point which must be taken into consideration. The wife who does not love her husband, as the years go by, and the loneliness of her true heart life weighs upon her more and more, stands in increasing danger of meeting some day an individual who may touch her slumbering emotions into life. Her condition is then indeed pitiable. At last she sees that she has sold her birthright for a mess of pottage. She understands now for the first time what this untrue relationship means. She may begin to perceive how cruelly unkind she has been to her husband through her mistaken idea of duty.

What, now, can she do? At last she perceives that she is living a lie, and yet so bound is she by life's responsibilities that she dare not break away. So long has dishonor clung to her that whichever course she chooses must seem to be tinged by it now. At last she sees that the time to have acted was when the choice lay in her hands. Had she then chosen to be true, her life might have been built upon the solid foundation of uprightness and sincerity.

For the sake of the man whom she is to marry, and the children who may be born of the union, no woman should enter the marriage state save where her own heart points out the way.

CHAPTER XIV

Love Making and its Dangers

WE have already considered the danger that threatens the girl who allows her men friends certain little liberties when they have no serious intentions toward marriage. But there are perils, too, in another sort of relation. Many girls seem to have the feeling that, if a young man honestly loves a girl and intends to marry her, all possibility of danger is passed. This, however, is very far from being the case, and every young woman should understand this fact from the very beginning.

In the first place, we must remember that engagements are not unbreakable. Too many girls have forgotten that important consideration. They think because a man has placed a ring upon their engagement finger that, therefore, he is practically bound to them for life, and they may allow themselves to go to lengths which they will keenly regret when he has proven to them by his failure to keep his promise, the frailty of the tie between them.

It would be well if every young woman would look upon the period of engagement as a time of testing. It is her opportunity to test the depth and intensity of her love for the young man, and also his sincerity and trustworthiness. The

couple are making an experiment together. They are going to advance into an intimate revelation of their innermost thoughts and feelings in the hope and expectation that these will draw them into a permanent relationship.

It may not do so, however. They may discover, as they become better acquainted with their real selves, that they are not so well suited to a life-long companionship as they had imagined. If such a discovery results, they should have the courage to acknowledge their mistake and to withdraw from the contract. Well for the girl, then, if she has not memories from which she shrinks.

The greatest danger in the engagement period comes from the intimacies of love-making. Because she believes this young man's intentions toward her are honorable, and that she can trust him absolutely, the girl is tempted to follow her own impulses without restraint.

Every girl should understand that her natural instinct would lead her to give herself completely where her deepest feelings of love have been touched. This is the definite impulse implanted within womankind, to make them willing to undergo the pains and burdens and self-sacrifices entailed by motherhood. Being given for this altruistic purpose, however, it should not be followed blindly from motives of selfish gratification.

Woman has no right to give herself until she has insured the safety and well-being of those

human souls which may be called into existence through her gift.

It is not mere conventionality which says that woman should maintain a certain amount of reserve in her associations with men, even with those who are nearest and dearest to her. It is a result of the experience of the race. Whatever tends to deepen man's reverence for womanhood, strengthens his powers of self-control and self-restraint. He needs every bit of assistance which can come to him from woman's moral support, and this she exercises through her womanly reserve, her purity, her delicacy of thought.

As upon woman has been placed the heavier physical burden in caring for the life of the race, so upon her shoulders rests the heavier moral burden. She it is in whom was first developed the sense of racial responsibility, because she could not, by any possibility, escape from her charge. She was bound in the fetters of motherhood, and she perforce learned her great lesson of maternal care through the experience of her own physical change. From all of this man was able to escape, and, as a result, the development of the paternal instinct has been very much slower.

It is for this reason that the moral responsibility in these matters rests so heavily upon the woman. She it is who must always consider the welfare of her possible children, and must make that consideration paramount. She has no right to think only of her own wishes and desires.

The impulse to give herself is an expression of

the highest generosity. In reality, however, she has no right to think only of her own wishes and desires.

The dangers of love-making are generally greater when the engagement is a long one. When the young man first learns that his love is returned and is accorded the lover's privilege, he finds complete satisfaction in the new wonder of being allowed to kiss her hands and her lips. There comes a time, however, when these privileges lose the glamour of their newness, if the engagement is long continued, and there is then the temptation to attempt to revive the thrills of the first weeks of courtship. It is without doubt, in some such way as this that the desire for greater intimacies is aroused; and too often, carried away by the wish to meet every demand of her lover, the girl silences the inward monitor which would keep her within the path of safety, and ventures into the danger zone.

It is a strange thing, but experience has repeatedly proven that a man's regard is very apt to change as soon as he feels that he has entire possession of the one whose favor he has so eagerly sought. Man does not really desire an easy conquest; and too often, when he has found his power supreme, he turns away to pursue another who is, as yet, beyond his grasp. Thus, through bitter experience, many a girl learns that she has made a fatal mistake by being too yielding.

The period of courtship is the time when woman has her opportunity to impress upon man

the great lesson of reverence for womanhood. She should respect herself and her potential powers of motherhood so greatly that she will call forth from him an involuntary reverence.

The true relationship between men and women was well symbolized in the age of chivalry by the devotion which the knight paid to his lady. Its form of expression may seem to us sometimes exaggerated, but it nevertheless was true to an eternal reality. It is only as woman is worthy of this regard, however, that she can call it forth. If she allows too great an intimacy with her lover before she has safeguarded the welfare of her possible children, she proves herself unworthy of his high regard for her.

It is not meant to suggest here that the man is, under these circumstances, free from blame. He proves himself a dastard if he leaves the girl under such circumstances. He has shown that he loved not her but himself, because he has sought only his own selfish gratification without any consideration of what the consequences would be to her or to their possible offspring. He has sacrificed her good name, her self-respect, her happiness and the welfare of his own children to his selfish desires. He claimed to be her lover and her protector; he has proven to be a lover of himself, and her exploiter. He is to blame for her undoing, and if he does not stand by her and his promise to her, he is unworthy of the name of a man, for he has been false to his responsibility as father of the race.

CHAPTER XV

The Girl Who Has Made a Mistake

WHATEVER may have been the attitude of society in the past toward the woman who had made a moral misstep, today we no longer look upon her as totally different from all other human beings. Her error was a grievous one, but it has not necessarily ended her life as an individual. It is not necessary for her to feel that she has no right to a husband and a home of her own. She may even make the mistake of her youth a part of her own spiritual unfoldment and a means of becoming a more sympathetic, helpful member of the community. With the remembrance of her own weakness in the background of her consciousness, she is able to enter into the temptations of others, to strengthen them for resistance and for the ultimate mastery of untoward circumstances. Thus she may become a real source of moral strength in the community.

With this belief in the power of human nature to rise above its own weaknesses and to turn them into sources of strength, we do not consider it amiss to speak of the possibility of marriage for one who has learned the bitter lesson of the unsatisfactoriness of wrong-doing.

Many times the very qualities which render such a girl attractive to the man who brings about her ruin, are the qualities which will make

her most successful as a wife. She is loving, demonstrative, clinging, easily influenced, and so she falls an easy victim to her seducer. Had she fallen into the hands of the right kind of man, she would have made him a docile, responsive, thoughtful, loving wife. Having learned through bitter experience the necessity of guarding herself from the approaches of the conscienceless man, she is equipped to maintain her own moral integrity, while she is just as fitted to make a success of herself in the home as she was before this hard lesson came to her.

The girl who has returned to the life of moral rectitude has a right to look forward to the ordinary joys of womanhood, but she is, of course, face to face with the question as to whether or not it is fair and just for her to accept a proposal of marriage from one who is unaware of her previous sad experience. The question that springs spontaneously to the lips of the young girl who is trying to make good, and who finds herself the recipient of a man's honest love, is, "Must I tell him of my past experience?"

The question is, indeed, a difficult one, and must be considered carefully from both sides. Then each individual must decide her own course of action for herself.

In the first place, there is, of course, the danger that if the man has had no suspicion of the girl's past history it may come to him with such a shock that he will turn from her and desire to have nothing more to do with her. She runs that risk,

of course, in confessing to him her past. Should her story meet with this sort of reception, however, she may console herself with the thought that by so doing he has proven himself not worthy of the deepest love which she had to bestow. It has not been considered too much to ask of women in the past that they should spread the cloak of charity over the misdoings of their lovers in the wild years of their youth. It would seem as though it might be possible for men to exercise a corresponding generosity, especially where, as in the majority of instances, the girl has been very largely but little more than a weak and innocent victim. It speaks well for the development of the human race that there is an increasing number of men today who are willing to overlook the past, feeling confident that the bitter lesson has been learned, and resting secure in the knowledge that their love and strength will bring to the yearning feminine nature the satisfaction and the support which it needs to render life both happy and secure. Instead of regarding her story as the possible cause of a great disappointment to her, she should look upon it as a great test of the sincerity of the man's devotion, and so she will not be afraid to apply it.

Moreover, if her lover leaves her at this time, she must realize that he has but left the way open for a more worthy man to find his way into her heart, and so she need not give way to despair.

A much more serious situation, however, develops when a man thinks that he will be able to overlook the past actions of his wife, but later on finds that the knowledge of them has poisoned his mental attitude toward her, so that eventually he may descend to such depths as to "throw her past into her face," as the saying goes. This is, indeed, a tragic situation, and should be avoided in every possible way. If, after telling her story, the young woman observes the slightest reluctance on the part of the man to renew his proposal of marriage to her, let her not hesitate to take drastic action herself at once. She may be tempted to endeavor to rekindle his ardor, and she may succeed temporarily in doing so, but in this she has made a great mistake. Unless he is ready, whole-heartedly and with reassuring warmth, to repeat his protestations of a love which persists in spite of all that she has told him, let her not hesitate to cut off at once all connection between them. By so doing she will save herself much possible unhappiness in the future.

These two contingencies she may avoid by keeping her story to herself, and this course of action, it goes without saying, is open to her. There is one important thing which she must take into account, however, if she decides to keep her lips sealed. That serious consideration is the possibility, one might almost say the probability, that at some time in the future her story may come to her husband's ears from some other source. Its importance, then, will be unduly en-

hanced by the mere circumstance of her long-continued silence. The very fact that she considered it necessary to keep this thing secret and away from his knowledge may make him feel, in the first place, that it was much more her fault than it may really have been, or in the second place, that she does not love him as she has pretended to do.

It is quite true that "perfect love casteth out fear." If she had felt, at the very beginning, that her love for him was so great that she could not bear to deceive him in any particular, and had had such confidence in the greatness of his love that she could trust him to forgive, she would not have hesitated to disclose to him all of the past. This it is which he will feel when the knowledge comes to him from some other source, and this will be the greatest factor in the situation as it then develops. To confess all to a lover in the ardent period of courtship is to appeal to the very best in a man's nature, by thus throwing oneself upon his mercy, and he will, in all probability, rise to the occasion in a most generous and gratifying manner. Having agreed together to put all of the past behind them, there will be no overshadowing fear to threaten its disrupting effect upon their united love.

In concealment there is the danger, also, that the knowledge that she is concealing something from her husband will tend to act as a continual barrier between the two, and for this reason it would seem wisest for the girl who has made a

misstep to confess it at the very beginning, and thus establish their united life upon the only sure foundation, that of mutual confidence and mutual faith.

The man who would take advantage of such confidence in later years to twit his wife with her previous indiscretion is too dastardly an individual to call for consideration. It is only necessary once more to urge the girl not to make the mistake of accepting a reluctant husband. If the young woman will follow her own instincts, in the majority of instances she will know which course to pursue. It is certain that true love will wipe out all remembrance of such errors.

CHAPTER XVI

True Love and its Expression

WE use the word love to indicate various degrees of feeling. Probably we would do clearer thinking upon some subjects if we had a more definite idea of what love is, in contradistinction to liking, affection and passion.

When we feel the first faint drawings of attraction, we may well say that we like a person. It seems to us that this individual is going to prove agreeable to us. This liking may develop into affection; it may develop into love.

Affection is a word rather difficult to define, although the majority of us are so familiar with it that it is easily recognized by us. We have an affection for those who belong to us, those whose personalities have grown familiar to us through long years of association. It is calm, steady, burning with a clear flame, but never flaring up into a sudden intensity. It is a steadfast feeling, the product of time, and, therefore, able to withstand the assaults of time.

When passion is spoken of, we are apt to think of it as an overwhelming physical impulse, losing sight, it may be, of its higher forms of expression. Not only is there the passion of a man for a maid; there is also the passion of the patriot who throws his life with the fervor of devotion into the service of his country; and the passion of the martyr

and the saint, whose consciousness of self is burned away by the flame of his devotion to a religious ideal.

The essense of passion would seem to be intensity of feeling. For this reason, passion cannot be expected to be enduring. It is not possible to keep the human soul at white heat all of the time. Its elements may be present at all times, but only on rare occasions do they fuse and give forth the intensity of ardor which they are capable of producing.

What is love? It combines the gentle attraction of liking and the steadfast calmness of affection, with frequent intensity of passion, and raises them all to the highest plane of dedication to another's welfare and happiness.

Much that is called love is not worthy of that name. True love is essentially unselfish, and it is by this touchstone that we may test and discover whether or not that which is offered to us is genuine or spurious.

With this differentiation in mind, we would not call the attraction which children feel for each other, love; it is simply liking, or, if their friendship endures, it becomes affection.

The friendships of children are a valuable part of their life training and should be encouraged, but never should the suggestion be made to these youthful comrades that theirs is a relationship which bears in it any of the elements of sex. The children should be allowed to associate together in all of the self-unconsciousness natural

to their period of life. It is very advantageous for boys and girls to play together freely, and so lay the foundation for a thorough understanding of each other in their later development.

With the beginning of the adolescent period, there comes an increasing intensity in the emotions which may cause the developing boy and girl to think that they are in love with each other. It is not advisable to laugh at them for their early sentimentality, which is sometimes called "puppy love." Rather would it be advisable for older friends and guardians to accept the expression of extreme admiration in a very matter-of-fact way, admitting that the individual in question is most attractive, and that it is not strange that the two have formed a very agreeable friendship. By consistently holding up the ideal of friendship before their eyes, one may be able to preserve for them a beautiful relationship, and may thus enable them to avoid some of the pitfalls of the adolescent period.

It is quite natural for young people who feel these new emotions stirring within them to give expression to them. Especially will this be the case if they have received no instruction which would enable them to understand the real meaning of this novel experience. This, I verily believe, is the explanation of that form of familiarity known as spooning, which takes place among so many adolescent boys and girls.

This question of spooning really becomes quite a problem in the lives of many young girls. They

are going out into social life for the first time by themselves. They know, it may be, very little of social customs; they find that their older companions are indulging in so-called innocent forms of physical familiarity, and they timidly accept the standards of conduct which they see round about them.

If they are a little hesitant, they are informed by the boys that all girls allow these things, and they are given to understand that they cannot hope to be very popular if they insist upon refusing these privileges to their escorts and male companions. They are told that there is no harm in these things, because no harm is intended. It would not be strange if their own feelings inclined them more or less in the direction they are urged to take, and so we find today that a great many young people have allowed themselves to drift into relationships which are anything but healthful.

The consideration of this subject is apropos at just this point, because sometimes young people enter into what they acknowledge to each other as a temporary engagement, simply in order that they may feel free to indulge in as much of this kind of love-making as they care for. They think, by thus satisfying Old Mother Grundy, as they would doubtless characterize the conventional requirements, they have escaped all rightful censure. They have not escaped, however, the real consequences of their own acts. These results are to be found in themselves.

In the first place, they are taking a very light and trivial attitude toward that most serious phase of life, love and marriage. They are making common that which should be sacred. They are defrauding those whom later on they will choose to marry of much that is choice, and of rare and delicate beauty, in the relationship of two who have entered upon a lifelong companionship.

There are, of course, other possible dangers. Two young people who have entered into this sort of relationship are not striving to find the mental and spiritual qualities in each other which will bring lasting delight. They are looking only for the physical thrill which they derive from their association together. They are, therefore, meeting each other upon the lower, rather than upon the higher plane of their being. There is danger that the result may be disastrous for them both. The clasped hands, the arm about the waist, the good-night kiss, seem to be little things in themselves, but they are liable at any moment to stir into activity the strongest impulses that dominate the human being.

The instinct to perpetuate the life of the race has necessarily been made even stronger than the instinct to preserve the life of the individual, for the former goes directly contrary to the latter. We give up life when we bestow life, and it is for this reason that the racial impulse must be made so dominating.

Girls have asked often what it was they had

to fear in their relationship with young men. They seem to think that if they could know in detail the very act which would deprive them of their virginity, they could, therefore, defend themselves successfully in their time of danger.

The truth of the matter is that the only time a girl can be absolutely sure of protecting herself is before any of these intimacies have been allowed. She is in complete command of the situation at that time. After the first step has been taken, however, she can never be sure that the moment will not come when the passions which have been aroused in both through their undue intimacy shall sweep them on, regardless of consequences, to their own tragic undoing.

These facts must be borne in mind, also, by young people who are honestly engaged and looking forward to marriage as soon as circumstances will permit. They, also, cannot afford to indulge in too ardent embraces. It is not well to stir their feelings to the depths and produce in each other the white heat of passion before their union has been legalized by the community or sanctified by the Church.

It is most unfortunate when young people allow themselves to be so indiscreet as to enter into the intimacies of marriage before they have conformed to the requirements of law and custom.

For the woman, it will probably mean lifelong regret, for, strive as she may, she never can regain the self-respect which was once hers. Her

husband may never be so much of a cad as to taunt her with her inability to resist the pleadings that led her into temptation, but she will always have the feeling that the thought must be there in his mind. Then, too, she will always be afraid that some one may discover the fact, and if a little one has been conceived, there is always danger of that discovery being made.

For her peace of mind, therefore, for the welfare of possible children and for the good of her husband, she should hold firm to the ideals that she was taught at her mother's knee. Moreover, let her remember that the man who urges the woman he claims to love to give herself to him before he has shown his worthiness of that gift by assuring her the protection of marriage proves that he loves, not her, but himself. He is seeking his own personal gratification, and is not pausing to consider what the sacrifice which he demands may mean to her.

If every girl under these circumstances could read her lover aright by his words and acts, and so perceive the colossal selfishness that actuates him, the glamour of romance would be dispelled in the glaring light of reason. She would have no difficulty then in resisting his advances, for her own perception of the falsity of his plea of love would kill within her all impulse toward self-giving.

Let the two who are looking forward to a lifetime together take this period of courtship as an occasion for discovering in each other those lasting qualities in which they may always expect

to find pleasure. There is no danger in such association, however intimate it may be, but rather does it promise greater hope of success in the future.

It may help the young woman to maintain the proper barrier of reserve between them to remember that one of the greatest charms of womankind is her mystery. So long as the young man feels that he has not yet penetrated her nature to the fullest degree he will ever be allured by the charm of her personality. For this reason, therefore, let her always keep something just out of his reach.

Let her remember, also, that in their intimate relationship it is she who should control. There is a good reason for this, because upon her rests the greater part of the burden of parenthood. She is more keen to feel its responsibilities; her physical impulses are not so suddenly overwhelming as his, and she has, therefore, a better opportunity to exercise her judgment and her will power, which are strengthened by her sense of racial responsibility.

It would be well for her also to realize that, as I have said elsewhere: "The physiological results of too ardent love-making in the way of bodily harm are of special importance. Not only will the misguided young people suffer from injury to the emotions due to unsatisfied sexual excitement, but they will have to contend with the weakening effect of the congestion and inflammation of the organs concerned, when passion

has been aroused, and then left ungratified. The results are serious in many instances. As for the young man, varicocele and more or less inflammation of the prostate gland naturally follow congestion of the parts due to this practice. When extended over a period of months or years, it would tend to produce impotence or other sexual weaknesses. To the young woman might come a congestion of the parts which would occasionally produce leucorrhea, and do not forget that the emotion-strain involved in awakening passion when it cannot be satisfied, is a powerful factor in many cases in bringing on neurasthenia."

The highest expressions of true love are not found upon the physical plane. The sacrifice of one's own desire for the sake of the welfare of the beloved is the true expression of real and abiding love.

CHAPTER XVII

Dancing and Dress

THE poetry of motion, as dancing has been aptly termed, meets one of the imperative needs of the human being. Dancing, therefore, has always existed and always will exist. There can be no question as to the benefit to be derived from the right kind of dancing; yet we must admit that there is a great deal of dancing which cannot by any stretch of the imagination be termed beneficial. There are many who, perceiving only the harm that is done by the wrong kind of dancing, condemn the art outright. They fail, however, to take into account the need which exists in every human being for complete self-expression, of which rhythmic motion forms an essential part.

Too much cannot be said in praise of such forms of expression as the folk dances, which can be indulged in out of doors in the bright sunshine, with the fresh, pure air blowing about one, and the exhiliration of Nature to add to the hilarity of the occasion. This sort of dancing gives needed muscular activity, requires deep breathing, and is productive of that lightness of spirit which quickens the activity of the body fully as much as the muscular efforts which are put forth. If all of us could spend a little time

each day as long as the weather permitted, in such outdoor activity, we would live longer and be better men and women.

For this reason I would advocate that every young woman should make herself familiar with the folk dances of Russia and other lands, with interpretive and barefoot dancing, learning them not alone for her own sake but in order that later on she may initiate her children early in life into these poetical terpsichorian rites. Think of the joy that the family will experience when, in some fragrant dusk, they gather on the lawn and join the night moths circling about the ghostlike flowers that breathe forth their perfume on the evening air. Children love nothing so much as dancing, and through this form of activity they may be enabled to retain the grace which is natural to childhood, but which is too often lost in later life. Then, too, the more good times that father and mother can have with the children, the closer and more harmonious will the family life be.

This is a very different matter, as all will realize, however, from the social dances which are so apt to engage the attention of young people to an absorbing degree. Here we have a number of elements which are not desirable. The close, stuffy rooms, the late hours, the unnatural manner of dressing and, too often, the suggestiveness which is made an accompaniment of these dances, all unite to make them detrimental rather than beneficial. As a form of recreation they are a failure, because they do not re-create the body.

They continue the destructive bodily processes to a still greater degree, and become a potent means of exhaustion.

To be sure, one could endure such drains upon one's physical resources two or three times during a season; but as young people go into these matters, it is more frequently two or three times a week that they call upon their bodies to withstand this unnecessary strain. It is unfortunate that we cannot learn early in life the increased pleasure which comes through moderation. Too often, however, we wear out our powers of enjoyment through excessive indulgence in first one form of pleasure and then another.

There are other harmful elements in the dance besides those which come from too frequent and prolonged indulgence in it. Anyone who watches closely the modern dances must realize that there is great opportunity for stimulating feelings which are better left undisturbed. It is possible, as has been repeatedly demonstrated, to dance the latest dances in a very refined and beautiful manner. Too often, however, we see in the modern ballroom exhibitions which are startling from the fact that they are given by young people who presumably come from the best families and have had every opportunity to develop the higher social qualities of their natures, and hence to subdue the purely physical side.

It may frequently happen that this is done unconsciously by some who have thoughtlessly begun to imitate some one whose dancing they

admire, but whose actions they fail to understand. Young girls are most apt to be misled in this way. They observe some older woman, who appears to receive a great deal of admiration and attention from the men, and feel that they might attract more attention by adopting her seductive manners.

This is a terrible mistake upon the part of a young girl, for it may lead to a complete misunderstanding of her real nature by those who are wiser in the ways of the world than she, and expose her to treatment which otherwise she would never have had to endure. Any man worthy of the name will respect the innocence of a charming young girl; but when he sees actions which to him indicate knowledge of those things of which a young girl is supposed to be ignorant, he may then feel justified in using his own arts and wiles to their fullest extent, under the impression that he is dealing with one who is as fully awake upon these matters as he is himself.

A young girl cannot be too careful to deport herself most circumspectly when dancing the modern dances, and it is well for her to know that she always has it in her power to exercise a certain amount of control over those whom she permits to be her partners.

If, for example, she finds herself dancing with a young man whose manner of leading her, or of performing the steps when dancing, does not please her, it is always possible for her to say to him, quite sweetly, "May we not sit out the rest

of this dance?" It is quite likely that he will know intuitively why she has made this request. His next invitation for a dance she can refuse; or, if he insists and she thinks it right to give him another chance, she may accept with the statement that she will try him once more and see whether his step suits hers. Men are not dull of comprehension in these matters, and she will soon establish a reputation for herself which will protect her from all such experiences in the future.

Young people who have entered upon their married life together would do well to consider just how much of their time and energy they wish to spend in attending dances. If they are wise, they will come to feel that life holds so much for them in other ways that they cannot afford to fritter away much of their time and energy in this manner. The young man who is struggling to climb the ladder of business success has very little surplus strength to waste in dancing. The young woman who has a family needs to be bright and fresh each morning, in order to start things with the right vibration. They will naturally find themselves withdrawing more and more from these night hours of dissipation, and enjoying the more lasting happiness of companionship in the home.

The young married woman who attends dances has now a responsibility which was never hers before. She is a young matron and, as such, will be looked up to by the younger girls. She may

often be a great help to them. In the first place, by setting them a wise example; in the second place, by occasionally speaking a wise word of enlightenment or of advice which may prove of great benefit to some girl in need of a true friend.

Many girls enter social life at so early an age that they are entirely unprotected by any understanding of social usage. They think they can use their own eyes, and learn what is proper by imitating those about them. If they happen to be so fortunate as to choose the right one to imitate, their experiment will be successful. But, as they have few standards of comparison, they are quite as likely as not to choose the wrong person for their example.

The young matron should be on the lookout for such cases as these. She should realize that having found her life's happiness, she ought to go to the evening function with the desire to help others have a good time; and she should especially wish to prove herself an older sister to these younger, less experienced girls. She may see some older man taking advantage of a girl's experience to put her in an unpleasantly conspicuous light; or she may see some silly young creature throwing herself at the head of some irresponsive man. Let her not think that these matters do not concern her, but rather try to be a wise guardian of these younger, less experienced sisters of hers.

It may be she will be called upon at times to act as chaperon. This may be a rather difficult posi-

tion for her to fill, because her youth will tempt her to permit little indiscretions which it is her place to hold in check. Realizing, however, that she is being trusted by the mothers of these girls to see that they live up to the standards of true womanhood, she will be strong to stand for what she knows is right.

Sometimes it is possible for a young married woman to be a great help to the young men at these dances. It is possible for her to speak much more frankly to them than a young girl could do. When she has as partner a man whose manner seems to her unnecessarily suggestive of physical things it is quite possible for her to say to him, 'I am not going to dance with you if you continue your present method of dancing. I don't like it, and I don't think it belongs in this ballroom. I am saying this to you not so much for my own sake as for the sake of the girls here with whom you do most of your dancing. Don't you think you owe it to them to make your dancing less suggestive?" It will not be possible for him to bluff his way out of it, as he could with the young and supposedly unsophisticated girl. He will feel that, without doubt, her husband has enlightened her as to the things she should not allow in dancing, and it may be that her brief words, kindly spoken, will arouse his better nature and cause him to make a radical change in his manner.

Of course, husband and wife are not supposed to allow any feeling of jealousy to creep in when they see each other in some one else's arms. It

may be difficult for one or the other of them always to live up to this standard. In that case, where there is true love it will be a very small sacrifice to allay the feeling by refusing to dance with those who arouse this unhappy state of mind. The pleasure derived from the occasional dance cannot weigh in the balance against the happiness of the home.

It is most appropriate to consider dress in connection with the subject of dancing, although there is so much that may be said upon this subject that it would almost seem to deserve a chapter by itself.

It is strange to think that a land of civilization and freedom like our own should retain in some of its social customs such relics of barbarism, for example, as grew up in connection with the slave market.

In the days when women were bought and sold as chattels, it was, of course, customary to expose their charms to the prospective buyers. Without any doubt, this was the origin of the custom which still obtains in fashionable circles of the women appearing at evening gatherings in what is usually referred to as evening dress, but which might more appropriately be termed evening undress. Whatever charms a woman thinks she possesses, she endeavors upon such occasions to display to the fullest extent. If her back is supposed to be particularly beautiful, she will have the V cut almost to the waistline. The fashion nowadays seems to demand absolutely no sleeves,

which, of course, calls for the removal of the hair under the arms.

Not only is a large portion of the body left uncovered, but the material of which the gown is made is so flimsy that, so far as covering the underwear is concerned, there might just as well be nothing put over it. The idea seems to be that having spent much money in beautiful lingerie it is absolutely necessary to make everybody aware of the fact.

The impression made upon the mind of a lad of sixteen by this style of dress is well indicated by the remark of one who was arguing with his mother over the question as to whether or not it was more expensive to clothe a boy than a girl. He insisted that a boy was a much greater expense. When his mother referred to a girl's party gown, he said, "Why, you don't mean to say that that little thing she wears over her underclothes costs anything to speak of?" His description seems very good for the modern party dress—"the little thing she wears over her underclothes."

Apparel which is intended for every day use partakes of the same transparent nature. Even those young women who go daily into the business world, where they are thrown constantly into association with men of whose habit of life and mental attitude they know nothing whatever, will nevertheless put on a waist made of the most filmy material and then attract attention by bright colored ribbons and bows to what is under-

neath. How can they expect strange men really to respect them when they thus brazenly call attention to the personal charms which should be reserved for the intimacies of married life?

Why women of refinement who have absolute control over their own persons should publicly place themselves, as it were, upon the auction block in this manner, is more than any reasoning being can understand.

The probability is that the majority of the good women who dress in this way do so absolutely unthinkingly. They accept the decree of fashion without asking themselves where this fashion may have originated. Neither do they stop to consider what the effect may be upon those who come in contact with them. They should know, however, that the young men of today are saying openly amongst themselves and to women of intelligence, "How can women expect us men to keep ourselves pure and clean and our passions stilled when they so openly endeavor to stimulate our lower desires in every way in their power? We cannot respect them when they make themselves so common, and naturally we follow their lead and look upon them as our playthings to amuse us for an idle hour or two."

Not until the women of this nation respect themselves too much to make themselves thus common can we hope to see our young men live up to the standards of purity of thought and act which the welfare of the nation demands. Women need to think of these matters seriously at

this time. Our government is doing everything in its power to instil high ideals of personal chastity in the minds of the boys in khaki. What hope is there for success in this effort, if they cannot enlist the women of the nation to exert their influence along the same line? The women can do this only by showing the better way. When they have developed true modesty and self-respect, so that they refuse to be led into these extremes of fashion so suggestive of the underworld, then, and not until then, will they be able to inspire the young men of the nation to lives of highest morality and self-control.

Nothing has been said in connection with this matter of dress about the length of skirts, because it is reasonable and right for women to desire to liberate themselves from the encumbrance of the traditional long skirt. It is not necessary, however, for women to endeavor to wear cobwebs for stockings, or to have them of such color that it is necessary for the observer to look twice in order to make sure that there is any covering upon the limbs.

It would really be a splendid thing if women would just think a little bit less about their appearance, and a little bit more about what they really are. After all, character does count somewhat, even with a mere man. He may be allured in the beginning by a bewitching curl or a fascinating dimple, but if he finds nothing to sustain these charms, he will probably turn to more interesting companionship.

The young wife would do well to pay a little heed to her husband's hints in regard to clothing, not so much as to style and so on, but rather as to the impression made upon men by women's dress. He may be able to open her eyes to some things she had not considered before; and, with the added knowledge of a married woman, she may here also prove a practical help to the girls of her acquaintance. We have no right to put temptation in the way of others, and if woman's present style of dress makes life more difficult for men, she owes it to her self-respect to change her mode of dressing at once.

CHAPTER XVIII

The Essentials of a Happy Marriage

THE first great essential of a happy marriage is a deep, intense, reciprocal love. So strong is the desire for marriage that many individuals make the experiment of trying to find happiness in marriage without this first great essential.

The young woman longs for a home and for children of her own. She says to herself, in considering the proposal of some admirer, "This man says he loves me devotedly and will do everything to make me happy. I do not dislike him; on the contrary, I find his society very agreeable. He has a good income. He can give me all that I crave in the way of home and children. I may never have another chance."

So she accepts him, believing that she is in a fair way to find the happiness which she craves. Marriage, however, is the most intimate relationship of life, and calls, therefore, for the greatest amount of forbearance and understanding. Only a great love will enable one to stand the strain of the exigencies of the marriage state. The liking which seemed a sufficient basis for the union, instead of growing into love, as was expected, may turn into positive dislike, because of the many little things which come up to cause a

disagreeable rasping between the two personalities.

The great difficulty, of course, is to be able to recognize a true and lasting love. Many a young girl faces her first proposal in the greatest condition of uncertainty.

"How can I know whether I love this man"? is the unspoken question that springs up in the minds of hundreds of girls. They would give anything to have some one of riper experience to turn to who might help them understand their own emotions.

The first assistance that can be given these girls is this fundamental proposition: So long as there is any doubt in your own mind as to whether or not you love a man, that doubt in itself is proof that your feeling for him is not the intense and overwhelming emotion which would stand the strain of a lifetime. Not until a deep conviction is borne in upon your soul that this man is the one man for you should you even consider binding yourself to him in any permanent way.

This does not mean, necessarily, that sudden, apparently overwhelming passion is the true love of a life time. It does mean, however, that, so long as doubt remains in the mind, there should be no definite action taken. The time may come when this very same individual may become all the world to the young woman; but until she becomes convinced that he is she should take no definite step.

Suppose, however, that she has been overtaken by a sudden passion. How is she to know whether or not it is lasting? One of the very best ways is to submit to the test of absence. Let her send the young man away from her for a fairly long period of time, or let her seek other scenes of activity for herself. If, as time goes by, in spite of her separation from him, she finds herself more and more persistently drawn by her heart in his direction, and this feeling grows more intense the longer they remain apart, then she may feel somewhat assured that there is the desired permanency in the love that has come to her.

The intense and overpowering form of love which we call passion is an essential component of the love which should result in marriage. This does not mean a passion which is selfish or debased. It does mean, however, an intensity which is able to sweep aside much which otherwise might form insurmountable obstacles.

Not only, however, must there be a powerful physical attraction, but the mind as well must be satisfied. A most essential element of a lasting love is an abiding admiration. Each one of us desires to be able to look up to those whom we love, and mutual admiration is necessary for a successful marriage.

In addition to this, there must be absolute sincerity. Friends may be able to overlook a little occasional dissimulation, but in the close interchange of thought which takes place in the daily companionship of marriage, the least tinge of

insincerity injects an element of instability. There must be complete confidence each in the other, so that, no matter what may happen, that faith which is the foundation of permanency may never be shaken. This abiding faith will lead to the constant interchange of mutual confidences. This will tend to the building up and strengthening of those mutual interests which go so far toward uniting the two lives into one common existence. Each should be deeply interested in the least occurrence which happens to the other, and, through the constant sharing of the daily happenings, will come an increasing of the joys and a decreasing of the sorrows of life.

Even more important than physical and mental harmony is a unity of spiritual development. It is only in the realm of the spirit that real unity can be achieved. For this reason, the two should ever strive to draw closer and closer together in all that pertains to the life of the real self, which is the life of the spirit.

When we turn to a consideration of the individual endowments which lead to a successful marriage, we find, first of all, the great need for physical health and vigor. Health means wholeness, happiness, superabundant vitality and the overflowing good cheer which carries one triumphantly over the hard places of life.

Next, we must have courage, the daring that is willing to take a chance, and glories in the conflict because, through struggle, one may achieve mastery.

A keen sense of humor is a great lubricator of life's machinery. The one who can see something funny in the most tragic situation is the one who can most quickly regain that equilibrium which is the first step toward extricating one's self from the difficulty.

And then, with all this, must go the spirit of willingness to compromise on non-essentials. Where it is a matter of principle, each one must stand for what he or she sees to be right, but where it is a matter of mere detail, the one who most quickly sacrifices personal preferences on the altar of love most quickly proves his or her fitness for connubial bliss.

CHAPTER XIX

Wedding Preparations

AS the engagement draws near an end, the young woman begins to turn her attention more definitely to the subjects of a trousseau, the wedding and the wedding journey. These matters rest very largely in her hands, and it is well, therefore, for her to give careful consideration to them. She will, of course, make her own decisions upon these matters, but a few words of advice may not be amiss.

While it is delightful to have a plentiful supply of all sorts of dainty wearing apparel when one marries, it is much more important to be in the best possible health and spirits. For this reason, it is not well for the bride-to-be to plan a great lot of hand-embroidered lingerie which will call forth the envy of her girl companions and probably the execration of her future unfortunate laundress. Daintiness and simplicity can go together, and some of her time and strength and eyesight might well be devoted to other and more important matters at this time.

Let her remember, too, when deciding what she must buy, that her parents may want to make a few purchases after she has left them. If she is a thoughtful daughter, she will leave a little money in the family exchequer.

Moreover, let her remember that styles change, and if she supplies herself with too large a wardrobe, she will have no excuse for getting anything new.

Let her, in this as in all other matters, use her own good judgment, and pay little or no attention to the comments and possible advice of those who judge only by appearances and who think more of dress than they do of character.

As for the wedding, if she will consult her husband-to-be, she will find, in the majority of instances, that the one thing he is praying for fervently is to be allowed to have a simple, unostentatious wedding. Since the life they are entering upon together is still more or less of an experiment, it would seem to be in good taste for them to be rather modest about it. When they come to celebrate their silver or golden wedding anniversary, then they can afford to make a big splurge.

Lastly there is the all-important question of the wedding journey. It is, of course, delightful for the two to have together the joy of some pleasurable sight-seeing trip, but, on the other hand, there is always the probability that everybody is going to pick them out as bride and groom, and they will feel so conspicuous that more than half of the pleasure will be spoiled for them. Many a girl shows her good sense by preferring to go at once into her own little home nest and enjoy to the full, in those first weeks and months, the thrill that comes to them both through the knowledge that this little home is

theirs. They will avoid many of the inconveniences of travel and the jarring notes which these may bring to their new life together, which is now entering upon its difficult period of adjustment. Within the quiet realm of home harmony may more easily develop than out in the hurley-burly of the traveling world.

CHAPTER XX

The Physical Relationship of Marriage

IN the days when marriages were arranged for girls by their parents, they were supposed to be handed over to their lords and masters in what was considered to be a beautiful state of innocence—which meant that they were completely ignorant of the real meaning of marriage. Young women today are not compelled to enter the state of matrimony with their eyes blindfolded in this manner, and it is advisable for every girl to inform herself upon this most important question.

Marriage entails a physical relationship between husband and wife. For generations it has been considered that marriage bestowed upon the man the right to demand this relationship whenever he desired it. In some of our States at the present time, the continued refusal of a wife to enter into this relationship constitutes grounds for divorce. This our young women should understand.

With the development of the idea of personal freedom has come the feeling, on the part of many women, that they should have the right of ownership of their own bodies—in other words, that they should have the privilege of choosing whether or not they will acquiesce in their hus-

bands' desire for entering into the physical relationship of marriage.

Since, however, it has been for so long a time an accepted idea that the husband's right over the wife's body was inherent, it is advisable for any young woman who takes the other point of view to make her attitude thoroughly understood by her future husband before she definitely takes upon herself the obligations of the marriage state. Fortunately, these subjects are more open for discussion today than ever before, and there is no reason why two young people, approaching matrimony, should not discuss this most important question carefully and frankly together.

If the young man understands the young woman's attitude, and is ready to acquiesce in it, their life together will be established upon a firm foundation of mutual understanding, and in the after years there will be no opportunity for recriminations, or for the accusation that the man was led into a union whose obligations the woman did not intend to fulfill.

On the other hand, however, many women have need to ask themselves whether they have the right mental attitude toward this question of the marriage relation.

For generations women have been so trained to look upon this physical relationship as something to be condemned as belonging to the lower forms of life, and, therefore, beneath human beings, that they have arrived, many of them, at an abnormal state of sex-suppression. They do

not dare to follow their own natural impulses, and they do not realize how unnatural their condition really is. They live in a constant state of mental conflict which is most deterimental physically, and most disturbing every other way. If they could realize that the racial impulse is the highest physical impulse which comes to human beings, that it serves a great and noble purpose, and that it is only its abuse which we need to guard ourselves against, they would gradually free themselves from this unnatural bondage to old-time Puritanism, and eventually come out into the freer life of the normal individual.

There may be those who have advanced to the point where they do not need this physical expression of their sex natures. The average human being, however, needs a normal physical expression of this side of his or her nature, and in a successful marriage husband and wife cooperate to find out what is the basis of their mutual satisfaction and highest happiness.

A word of suggestion might be spoken here to the average young woman to avoid the man who is over-developed sexually, and who, therefore, will be likely to make too great demands upon his wife. The man of self-control, who shows consideration for those about him, can generally be trusted to exercise these same qualities in the intimate relationship of marriage.

In this matter of consideration, a woman can get a pretty good line on a man by observing his attitude toward his mother and his sisters, and his

treatment of them under every-day conditions. If she can get an invitation to visit in his home, she stands a pretty good chance of getting an idea as to what she can expect from him after they are established in their own home.

Moreover, under such circumstances, she will also have an opportunity to make some observations as to the qualities and characteristics which her children stand a likelihood of inheriting from his parents. We must remember that children inherit from grandparents as well as from parents. Many times, in fact, children will more closely resemble their more remote than their immediate ancestors.

The science of eugenics is taking a prominent place in public discussions today, and every young woman should endeavor to learn whether or not there are any constitutionally weak strains in the family which she is thinking of entering. Is there a tendency toward epilepsy, insanity, tuberculosis, mental weaknesses of any kind, in the prospective husband's family?

If her own inheritance is unusually good, she can feel that there is a possibility that that may offset slight deficiencies on the other side of the family, but if on her side also there are weak strains, she must be careful to see to it that they are not duplicated on the husband's side. It is for this reason that the marriage of cousins is generally to be deplored, for they bring to the descendents a duplication of inheritance which, in many instances, is most undesirable.

CHAPTER XXI

The Basis of Marital Happiness

EVERY girl should realize, when she promises to marry a man, that she not only has accepted him as a lifelong companion, but that she has definitely agreed to enter into the closest physical relationship. In the olden days, when a girl was brought up in carefully shielded seclusion, taught that anything approaching intimacy with the opposite sex was unworthy of a true woman, and allowed to enter the state of matrimony without any elucidation of what that would mean to her, it is not to be wondered at that many young brides received such nervous and physical shocks during the first few weeks of married life that they never completely recovered from them. It is certainly most unfortunate to train a young woman throughout her childhood and girlhood in such a way that the normal experiences of womanhood become to her a source of mental conflict which all but ruins her whole life.

It is only very recently that we have begun to understand what effect such ever-present mental conflicts have upon the physical organism. Only those who have passed through them comprehend the intense suffering which they cause. Many a young woman has begun to run down in health

immediately after marriage, not so much because her husband has made excessive demands upon her, as because she feels degraded every time she enters into the relationship which should be to her the most sacred in life. The failing lies, not in the young people themselves, in many instances, but in the mistaken training which has been given them.

It is true that sometimes men are so carried away by the intensity of their own passion that they overwhelm the young bride with their demands upon her, expecting her to respond to their advances with a passion equal to their own.

As a rule, however, the normal young man is not so completely a victim of his own feelings as to be absolutely inconsiderate of the natural timidity and reluctance of a bride. The real lover waits upon every word and look and gesture of the beloved, and, by so doing, woos her gently to her full surrender.

In this matter, without doubt, many young men need to have made clear to them the difference between the woman's sex impulse and the man's. His responds with sudden force when once aroused. Hers is more like a rising tide which slowly gains the power needed to carry her out of herself into the realm of self-surrender. For this reason, the man should have patience and learn to exercise the arts of the lover.

On the other hand, however, the wife should not feel it incumbent upon her to resist his advances, to steel herself against any possible giv-

ing way to his blandishments. It is normal that their desire for the union of their souls should express itself, in appropriate moments of highest exaltation and desire, in a physical union. When the young wife views this relationship in its true light, she will no longer shrink from it in the disgust that sometimes threatens to wreck the life happiness of a newly wedded pair. It is wise for her to exercise self-control and to influence her husband to the same end, but, at the same time, when she gives herself to him it should be in the fullest abandon of devotion and deepest love.

It has been well said that woman has a natural instinct in these matters, which, if she will but follow it, makes of her the true guardian and priestess of the temple of marriage. If she refuses herself to her husband at all times, however, she defeats the purpose of this instinct and renders him dissatisfied, eventually, it may be, bringing about a separation. If she gives herself to him so joyously as to bring fullest satisfaction at those times when her impulse leads her to do so, she will have but little difficulty in exercising the gentle powers of restraint at other times, when his tentative approach does not meet with the fullest response of her own nature.

No wife should feel that her husband has the right to control her body, and that she must resign herself to him whenever he makes a demand upon her. This is contrary to Nature. Throughout the living realm we see that it is the feminine nature which indicates the proper moments for

union, and if a woman resigns herself to her husband in this way when her own impulses do not lead her in that direction, she is doing him a great injury. Where there is not a full response on her part there is not full satisfaction on his, and in time the relationship becomes a source of physical weakness to him which may in the end have serious consequences. Many a woman, with the mistaken notion that she is doing her duty to her husband by giving way to his every demand, has really proven untrue to her real responsibility toward him, and has, all unwittingly, been the means of encouraging him in such excesses as may eventually result in his impotence.

To the majority of wives no doubt the idea that they are the rightful arbiters in this matter of the intimacies of married life will be a new one.

They look upon their own desires as something concerning only themselves, and the majority of them therefore feel that these should give way to the husband's wishes. But when they learn that it is for his good that they should exercise this control they will look upon the matter differently.

They must understand that the life-giving fluid called the semen, which is produced in the creative organs of the man, is of great value in the upbuilding of his own body. It is only within comparatively recent times that the marvelous power of this creative fluid in building up and making over the body of the individual has been

thoroughly understood. In sexual intimacies there is a discharge of this creative fluid from the body of the man, but where there is a full response on the part of the wife, there seems to be an exchange of magnetism or energy which makes up for the loss. If, however, his desire alone is active and she is simply fulfilling a supposed wifely duty, she gives nothing to him, and he, therefore, suffers a definite loss in vitality. It is claimed by some that such one-sided intimacies are almost as harmful to the man as masturbation. Frequent indulgence upon this basis must result in a loss of vital energy which will deprive the man of the strength and vigor needed for the performance of his life tasks.

Even when the wife gives fullest response it will not do to enter too frequently into this relationship. Anything approaching sexual excess must gradually have a devitalizing effect upon the constitution, which may make itself manifest through an increasing tendency toward some inherited weakness. Moreover, there is a great nervous strain associated with this experience, which causes eventually a sapping of the brain energy, rendering the man less mentally capable and efficient.

Like all other desires this also was meant to be under the control of the soul, and, as a woman's impulses are generally less intense than man's, it naturally becomes her place to exercise the art of control.

It sometimes happens that the woman can en-

dure more frequent intercourse than can the man. Let her watch and see whether or not her husband seems to be somewhat lacking in vigor on the morning following his marital experience, and so learn whether or not she is stimulating him too greatly on this side of his nature. She can easily learn to satisfy his desire for affectionate demonstration without arousing his passion, and she should, for his sake, if not for her own, develop this art to its highest degree.

There are some at the present time, and the number may be increasing, who believe that the marriage relationship should be entered into only for the purpose of procreation. If the young woman possesses this belief, she owes it to her future husband to make her position in this matter perfectly plain to him, and to assure herself that his acquiescence in this plan will be voluntarily and fully, not grudgingly, given. If he does not also in his own heart believe as she does, their future relationship will be very taxing to him, because in all probability his sexual desires will be aroused, and, being unsatisfied, may be the cause of distress and even of physical weakness to him. There are those who seem to have proven that they can live together in the closest intimacy of married life, keeping their procreative powers for procreative purposes only, and who appear to experience no ill effects physically. These cases, however, are the exception and such relationship seems to call for individuals of an unusual development.

CHAPTER XXII

Regulating the Relation of Husband and Wife

TWO young people starting out on life's journey together have a great work of adjustment to perform. Heretofore they have lived a more or less self-centered existence. To a very large degree they have consulted only their own preferences and considered only the working out of their own plans. Now they must discover how the two personalities can be adjusted to work harmoniously together, and together get the most of life.

Probably the first great essential to success in this enterprise is the proper regulation of the marital intimacy. As has been suggested, the wife's instinct, normally, will be a fairly competent guide in these matters. If she is normal, she is only responsive to the husband's advances at certain periods of the month, and this would seem to indicate that the greatest satisfaction to both would come through the observance of this characteristic of her nature. To be sure, many women desire to avoid this particular period, because it is during the days immediately preceding and following the menses that conception is most likely to take place, but to postpone this intimacy from the time when it would be acceptable to the period when results are least likely to fol-

low, will not be conducive to the greatest satisfaction and happiness of the two concerned.

I would like to repeat here the words I have used in another volume upon this point. "Sex was not intended primarily for the pleasure associated therewith. The Creator had a deep underlying purpose, and when we defeat this purpose, using this important function solely as a means of pleasure, we can rest assured that the full penalty will be exacted from us."

When a wife discovers that she is apparently lacking in all sexual feeling and does not reciprocate in the sexual act, she should make a study of herself to discover, if she can, the reason. It may be that she is suffering from general physical weakness, in which condition it is not to be expected that she will have enough surplus vitality to enjoy the marriage relation, because it will make too great a drain upon her system.

If this is the case, she should set herself to work to build up her general health through a regime of regular exercise, plenty of bathing, proper food, and a great deal of sunshine and outdoor air. Cold bathing is exhilarating to the nerves, if there is enough physical vigor to react well afterward. One can take a cold shower bath, or half fill the tub with water the night before and in the morning step into it and quickly dash it over the body, stepping out at once and rubbing the body vigorously with a rough towel. The skin should become a healthful pink, and there should be a general feeling of well-being

as a result. If the body is blue and cold, there is not enough vigor to react, and the cold bathing should be postponed until, through other means, greater vitality has been produced. Air baths have a very tonic and soothing effect upon the nerves. If a wife is at home and alone during the day, let her lock herself in, remove all her clothing, and take some gentle exercises in the sunshine.

It is important that the sexual relationship should not be indulged in too often. It is difficult to say just what is excess in this matter, because what is permissible for one may be excessive for another. This, at least, may be said to all: Do not allow the relationship to become such a commonplace, through its frequency, that it loses all real meaning. Those people who allow themselves to enter into this relationship as regularly as they perform other functions of their lives have lost the real charm and zest of married life.

This act is meant to be the culminating expression of an overpowering passion. Its purpose is to bring into existence another human being, who shall be the living representative of the union of two souls. Such intensity of emotion cannot be frequently produced, and those who enter into the marital relationship with anything like regularity have taken it from its high place of symbolism and lowered it to where it has simply become a source of physical gratification.

It is because this physical act should be the

expression of a spontaneous outpouring of love that anything which causes it to appear premeditated desecrates the whole relationship. A married pair should learn to express their love in the closest endearments without the feeling that they must always eventuate in physical union. Otherwise, the moment any advances are made by one in the direction of the expression of love, the other, not desiring this culmination, at once feels it necessary to draw back, and thus a habit of coldness may spring up between the two.

Many a woman has lost all interest in life because she finds herself compelled to give herself up in this way night after night, when there is nothing within her own nature which calls for this form of expression. She feels degraded in her own eyes, and longs for something to free her from such slavery.

She should remember, however, that it is only those who are afraid to assert their right to freedom who remain slaves. Many times the wife's failure to speak out and make her true wishes known at the beginning of their life together has been the cause of the husband's tyranny. Therefore, the blame is as much hers as it is his. Where there is perfect confidence between the two, each is able to speak his or her own mind without fear, and, as a result, matters eventually are satisfactorily and harmoniously adjusted.

Man's passions are more easily aroused than woman's, and more insistent, because it is man's nature to be active and energetic. Woman is by

nature negative, passive, and, for this reason, is less easily stirred and can more readily control herself. It is for this reason she is the natural guardian in these matters, and if they are not properly adjusted, she should look into the matter to discover where her own shortcoming may be.

Sometimes the use of separate beds will be of assistance in this matter. We are coming to realize more clearly today than ever before the advantage of retaining one's own individuality. So we are considering more carefully the right of each individual to separateness from all other individuals. Children are no longer unquestioningly put together into the same bed at night. Each child has his or her own little crib. It sleeps much more comfortably and healthfully as a result. Husbands and wives have the same right to and need for separateness, and if separate rooms are not feasible, should at least have separate beds.

Without doubt, much of the marital excess which occurs in the first few months of married life would be prevented if the persons concerned occupied separate beds. The beds may be in the same room, they may be placed side by side; but so long as they are separate it may be expected that only the normal instincts of the husband and wife will bring them together at the proper times. Without doubt, a better nervous condition would result, as there is likely to be less over-heating of the body, and sleep is more comfortable.

Although the marital relation may be considered as, in a way, the fundamental question in the adjustment of the two lives, nevertheless there are many other matters which call for consideration.

For instance, there is the question as to how much the wife should wait upon the husband. It is very beautiful for the young bride to feel that devotion which leads her to endeavor to anticipate every wish of her husband, and see that he has at hand everything which he may desire. For a little while he will doubtless be very appreciative, but, very soon, he will begin to take it for granted. Then, the first thing the young wife knows, she will find that he is demanding of her that which she gave in the first place as an expression of her excess of devotion. When that time comes she may discover that, all unconsciously to herself, she has been training a husband into a tyrant.

Mothers do the same thing with their children. They button their clothes, cut up their food, pick up their books and wraps, find everything they have lost—and then wonder why their children are so helpless.

The wife can very easily turn her husband into a child of larger growth, unless she has the carefulness which comes from wisdom. Let her do many little things for him; but let her expect the same devotion from him.

It would be well for her to make a rule, however, not to do for him anything which he can

just as well do for himself. For example, the wife who always lays out her husband's clean shirt for him, with cuff buttons and studs, and collar button all in place, may not perceive in the beginning, but eventually will learn, that she has been rendering him selfishly helpless and dependent upon her. The time will probably come when he will never think of changing his shirt unless she performs this preliminary for him. Although he has done all of these things and many more before he was married, now he suddenly loses the power to do anything for himself. He must run to her for everything, from his collar button to his shoe polisher.

A few brides form an exception to this rule. One with whom I am familiar made it a rule never to put away her husband's clothes for him. When the laundry arrived, his package was placed upon his chiffonier, he opened it and placed the various articles in their proper receptacles. As a result, when he wanted to dress himself he could put his hand upon everything he needed, and if, perchance, he should turn to her to ask where something was, her invariable reply was, "I don't know, dear. I didn't put it away."

While this may appear to be a heartless attitude on the part of the young wife, in reality it saved the two a great deal of unnecessary friction. If his things were not in place, he had no one but himself to blame, and that he was the first to realize.

Moreover, if the wife refuses to burden herself with the multiplicity of things which the husband can just as well do, she then has more time to give to the hundred and one little attentions which only a wife can show.

Corresponding to this comes the question as to the husband's attitude toward the wife. There are certain little attentions which he should be expected to show her under all circumstances. For example, she should not let him grow rusty in such little matters as seeing that she has a chair, opening the door for her, and other little acts of courtesy. Neither, on the other hand, should she turn him into her slave, always expecting him to fetch and carry when he is in the house.

It is well for him to feel that he carries half of the responsibilities of the home. As a rule, a man does not object to doing the little tinkering jobs that sometimes come up, because it adds to his feeling of possession.

It would seem to be the wife's natural privilege to know something of the details of the business in which the husband is engaged, and, certainly, the amount of income which the family can expect. As she is naturally the dispenser of the family funds to a very large degree, it is only reasonable that she should be supplied with the needed information to govern those expenditures. A wife cannot be blamed for spending more than her husband's income warrants, when she is kept in complete ignorance of the amount

of that income. She should be interested in the little events of the day's experience; and he will many times gain light upon the perplexities of the day's doings if he can discuss them in detail with one who has his interest at heart, and looks upon all matters with a woman's intuition.

Just as some wives develop selfishness in their husbands through waiting upon them too much, so do husbands develop selfishness in their wives through unwise expenditures of money. The man loves to shower gifts upon his wife in order to hear her expressions of gratitude; and so he tries to buy everything for which she expresses the least desire. The time comes when he finds he has developed the one who should be his help-meet, standing by and assisting him in all emergencies, into a helpless, dependent parasite.

A problem that arises with increasing frequency nowadays is the question as to whether or not the wife should continue to work after marriage.

If she is by instinct and training a business woman, or has a profession for which she finds herself much better adapted than for the duties of a housewife, it may be most conducive to the happiness of all concerned for her to follow her desires in the matter.

The matter should be thoroughly considered, however, before such a step is taken. In the first place, she should not plan to do housework before she goes to business and after her return, in addition to her daily task. No man would think of

attempting such a thing. Women almost invariably do, through a mistaken desire for economy. It is too much of a drain upon her system, as a few hours of relaxation are needed after a day's work, and this she cannot get if she must devote this time to the work of the home. If being in business means that she would be able to employ some one for the home work, well and good.

She must realize, however, that this plan in all probability will not always be possible. When children come it will not be advisable for her to continue her business or professional life. During the years of infancy, at least, children need the personal care and supervision of their mothers; and, let it be stated with equal emphasis, mothers need the training and development which comes from this living with their children. Even though, as some have suggested, experts could be found to take care of the baby from the moment of birth onward, it would nevertheless not be a desirable thing to do, because, by so doing, the mother would lose her greatest opportunity for self-development. Every true woman will be glad to devote herself during the early years of her children's lives to their welfare, knowing that, through the experience that will come to her in this way, her own personality will be so unfolded and enriched, that if, later on, when the child is sufficiently developed to be put into the care of others, she should wish to return to her former occupation, she will be, in all probability, more efficient than ever before.

CHAPTER XXIII

Making Love Lifelong

THE great problem of all young married people is keeping alive the love which has drawn them together. It is easy enough to fall in love; the difficult thing is to stay in love.

It has been said that love is blind, but a closer analysis would seem to prove that love bestows a keener vision upon those who come under its influence, so that they are able to perceive charms and virtues which may be hidden from the eye of the ordinary observer. Qualities which are there only in promise may be discerned, and the faith in their presence acts like a warm ray of sunshine to bring them into expression.

It is easy in the first flush of an ardent love to see only the virtues of the beloved, especially while the two are living separate lives and see each other only under the most favorable circumstances. When they have started their life together, however, and must needs meet before breakfast, while still in mental as well as physical undress, so to speak, it becomes increasingly difficult to overlook the ragged edges and the sharp corners that begin to obtrude themselves upon the attention.

This is the testing time of love. If the feeling which has drawn the two together has been more

or less superficial, a fascination exercised by some trivial charm, the time comes when the cause of the allurement is lost sight of in the great number of uncongenial traits which develop. If, on the other hand, the love is true and deep, no matter what shortcomings may become evident, the great fundamental fact remains that, with all their faults, the two still love each other. Where that is the case, it is possible for them to have patience with failings and to continue to keep their regard steadfastly fixed upon the traits that originally called forth the admiration and its resultant love.

Sometimes it calls for an effort of the will to take the attention away from the things that rasp and irritate, and fix it upon the commendable qualities. Yet this can be done, and must be done many times, if the exigencies of married life are to be met successfully.

The first great essential for success in a marriage relation is unselfishness. But this unselfishness should be mutual. If it is all on one side, it produces in time a state of injustice which cannot be forever maintained. Some women begin by being so very unselfish that they afford the husband no opportunity to give evidence of the love that is at that time actively calling for expression. It is a great mistake for either one in the partnership to insist upon having a corner on the unselfishness, so to speak. It is in this way that we develop selfishness in the other member of the firm. If a woman insists upon making a

door-mat of herself, you cannot blame the man if in the end he gets the habit of wiping his feet upon her.

Unselfishness in both is the only basis which will permit of a proper adjustment of the sex relation in marriage. It will result in the two finding out what is the normal and happy sex life for them. It must not be forgotten that true marriage involves the mental, spiritual, social and physical union of the two parties concerned. Without any doubt, a harmonious and satisfactory sexual relationship is essential to successful marriage. It is not the whole of marriage, however, and the probalility is that it will be more perfectly adjusted where greater emphasis is placed upon the mental and spiritual aspects of the relationship. These are, after all, the lasting elements which will endure long after physical desire has fled.

The importance of the little courtesies of life cannot be over-estimated. There is always a temptation, in the hurly-burly of strenuous endeavor, to overlook delicate little attentions, and this is especially true in the intimacy of the home. But these delicate flowers of thoughtfulness are what give beauty and charm to domestic life. Let the wife, therefore, make every effort in her power to keep up this atmosphere of thoughtfulness and consideration. Not only can she show regard for her husband in many little ways, but she can express such appreciation of all such thoughtful attentions from him that he will be

constantly encouraged to continue them in order to gain more of her approval.

The wife needs to take especial care that she does not neglect her husband when the children come. Her nature finds its completion in her children, and she is tempted to become so absorbed in them that the husband will begin to feel himself a negligible quantity. He comes home at night, it may be. full of the happenings of the day, and eager to talk them over with her, as they did in the days of their courtship and early marriage. His most interesting tale, however, is broken in upon by urgings to "look at the baby," or a request to wait upon the child in some way. The first time or two this happens, the husband is able to perform the duties of a father with more or less willingness. But if it is continued, he comes to feel—and quite rightly —that his wife is really not paying any attention to him at all.

Now she has been with the baby all day long. It won't hurt her to forget the infant for fifteen minutes or so, in order to give her undivided attention to her husband. This will be wise on her part, for it will enable her to keep close to her husband's life and thought. Having shown unmistakable evidence of complete interest in his affairs, she then has a right to expect him to turn with equal enthusiasm to her absorbing interest, the baby, and, without doubt she would then find the paternal instinct manifesting itself to a thoroughly satisfactory degree.

The question may be asked as to how much the wife should call upon the husband to help her in caring for the little ones. Some men seem to have the idea that if they take the child out for a walk on a Sunday morning, they have done all that can be expected of them. They may then find themselves in the position of the man who, after having chastised his small son, heard him saying to his mother in an aggrieved tone of voice, "Mamma, that man who stays here Sundays spanked me." The father who does not enter closely into the lives of his children in infancy misses a great deal of joy and a great spiritual development. He needs to feel the tug of tiny fingers at his heart-strings, and to feel the yearning desire to relieve a helpless little sufferer in some way is to grow into a stronger and better man. No man should be deprived of this opportunity.

On the other hand, the wife must remember that when the man goes to business he has no opportunity to catch up on the sleep that he may have lost the night before. Therefore she should not call upon him too frequently. She can drop down for a cat-nap in the middle of the day, and so maintain her nervous equilibrium, but he cannot. In this, as in every other problem, a little judicious common sense is needed to strike the happy medium.

CHAPTER XXIV

Mistakes and Excesses That Destroy Love

WHEN two young people first enter into the close relationship of marriage, they are so carried away by the beauty and wonder of the love that binds them together that they are in danger of attempting too frequently to give the fullest expression to it. Their great, overwhelming passion sweeps them along in its swift, deep current, until they are in danger of losing, for the time being, all sense of proportion and all power of self-restraint.

This is a terrible mistake for these two young creatures to make, for in time the very excess of their emotion will tend to lessen their power of loving. Excess brings inevitably in its train satiety, and that in turn is apt to change love into its abnormal expression of hate. Many of the tragic experiences of the first three to five years of married life which threaten to disrupt what was intended to be a lifelong union, may be traced to this serious mistake. Like the positive and negative poles of the electrical battery, the two were drawn together in the first place because of their very unlikeness. The excess of close association which they have allowed themselves has brought about so great an interchange of electric vibration, if we choose to call it so, that

now they are charged with practically identical currents, and, because of this fact, they find a repulsion beginning to show itself. This is simply Nature's effort to restore the equilibrium, and should be recognized as such.

If this mistake has been made by two young people, and they are able to recognize it as the cause of the constantly increasing irritation between them, the wisest thing they can do is to separate temporarily. Let the wife go away on a visit of longer or shorter duration, until once more they are attracted to each other. Probably after such a temporary separation, when they come together they will be able to exercise the needed amount of self-control to put their relationship upon an harmonious and lasting foundation.

The wisest plan, however, is for the young people to recognize from the very beginning the possibility of satiety from over-stimulation, and so from the very earliest days of the courtship to exercise that wise self-restraint which will prevent all possibility of this sad experience coming to them.

Let them remember that their new-found love is intended to last them for a lifetime. Let them, therefore, conserve that love and its expression in order that it may always remain with them in full force.

As the love that binds them together should be mental and spiritual, as well as physical and emotional, let them strive to find higher and better

forms of expression as the days go by. The words of appreciation that bring needed encouragment to the struggling soul, the act of self-denial which speaks more truly than any other action of a self-sacrificing love, will do more than anything else to bind the two hearts together in a bond that cannot be broken. Thus their united love will grow from day to day in depth and sweetness, and in all lasting qualities.

Caresses and terms of endearment are very grateful to the young wife's heart, and she is in danger sometimes of making too great a demand upon her husband along this line. He is glad to welcome her caresses and to bestow his in his hours of leisure and relaxation. But when some important business matter is pressing, playful requests for kisses and caresses are very taxing. The wife who persistently thrusts herself upon her husband's attention in this way and at such a time, need not be surprised if eventually his self-control breaks down and his irritation expresses itself in unmistakable form. She has only herself to blame for such actions upon his part, because she has failed to show proper consideration for his responsibilities. She has been thinking only of herself and her desire for a little attention, not at all of him and the important task which he may feel it incumbent upon him to finish.

Many wives resent it when the husband brings home some bit of work to be completed in the evening. It is true, the husband should endeavor

to devote a certain portion of his time each day to a little social intercourse with his wife. But a man is more or less a victim of circumstances; and if he feels that the financial welfare of the family depends upon his sacrificing some of his ease and comfort in this way, his wife should be ready to make a corresponding sacrifice in cheerfulness and in a true spirit of practical co-operation. She should rather consider it a compliment that he has enough confidence in her to feel that he can bring his work home. Otherwise, he may grow into the habit of staying in the office whenever the exigencies of business press heavily upon him.

She should endeavor by every means in her power to make herself his partner in every sense of the word. She should not, of course, pester him for details which he has not the time to explain to her, but if she gives her attention in a properly receptive manner, never breaking in upon his story of the day's happenings with irrelevant details upon extraneous matters, never indulging in petty criticisms of him or his associates, but speaking a word of appreciation whenever possible, and giving expression to her complete confidence in him as often as she can, she will find that he will instinctively seek her counsel in every emergency, and eventually she will find herself in full possession of practically all of the details of his business.

CHAPTER XXV

The Crime of Abortion

ABORTION may be looked upon as an evidence of human degeneracy which has come to us from perverted methods of education associated with a desire to enjoy life's pleasures without assuming the responsibilities allied therewith. It indicates a lack of reverence for human life. One would think that modern enlightenment, with its increasing respect for human life, would have produced a change in the attitude of human beings toward their embryo offspring. That this does not seem to be the case, in many instances, is a striking proof of the corrupting environments that now affect the development of the human intelligence and conscience.

It used to be thought that there was no life in the embryo until what is known as the time of quickening, when the mother could begin to feel the movements of the fetus within the womb. It is known now, however, that there is life from the very moment of conception, and that to interfere with the process of development which is going on there is, in truth, to take life, which is, in bald phraseology, to commit murder. Yet how many women are there who would shrink from killing even the mouse that was nibbling at their food, and yet who do not hesitate delib-

erately to kill their own offspring? They do not term it that, of course, and without doubt they have many ways of hiding the actual facts from themselves, and so escaping the condemnation which their own consciences should inflict upon them. They try to make themselves believe that this act is made necessary on their part by their own physical frailty; by the danger which they think they are in when facing the process of birth; by the limited state of the family income; by the fact that more children are not desirable. Whatever the course of specious reasoning which the woman goes through, it is none the less a fact that she has committed a sin and a crime.

While it may be that, in the majority of instances, it is the wife who first thinks of this way of ridding herself of an unwelcome burden, in many instances it is the husband who makes the first suggestion. He has no desire for any larger family, he does not care to listen to his wife's complaints at the inconvenience she has to suffer during the nine months of pregnancy because of his demands, and so he urges her to escape from the troublesome situation.

If women really understood the enormity of the crime which is either contemplated by themselves or suggested by their husbands, they would resolutely refuse to listen either to their own fears, or to the arguments of another. Indeed, if they realized the full extent of the injuries which they may thus inflict upon themselves, they would hesitate long before taking so serious

a step. The very fact that it is against the law of the land for them to do such a thing should make them pause and consider. Any physician who performs what is called a criminal operation, lays himself open by so doing to severe punishment, and anyone who assists in such an undertaking must also suffer a penalty.

It does not seem to the young wife that a sufficient development can take place in the first month or two, or even three, to make interference with the process a very serious matter; yet many a woman has discovered, to her deep regret, that her attempt to free herself from what seemed to her a physical burden has put a much more serious one upon her in the form of life-long illness or physical disability. Abortion usually leaves a woman weak and ailing for months, and many times for life. It shocks the nervous system in such a manner as to interfere with the harmonious processes of the whole organism. The blood has not the life-giving elements that it previously possessed. Strange, unpleasant and at times fearful pains dart through the pelvic region after an abortion. One such operation will sometimes produce physiological effects from which a woman never completely recovers.

Sometimes the newly married woman feels that she is not quite ready to assume the responsibilities of motherhood, and takes this method of postponing the necessity of doing so, only to discover, later on, when she desires children that

she has produced a condition which makes it impossible for her to have them. After one or two abortions every pregnancy, in some cases, results in a miscarriage. The delicate machinery of the body cannot be tampered with in this way without the probability of serious results.

While one finds it almost impossible to forgive the married woman who, through selfishness, cowardice, or some other unworthy motive, takes the life of her little child that might be, one can understand better the impulse which moves the unmarried woman to such a course. She naturally dreads the discovery of her wrongdoing; she sees a lifelong disgrace facing not only herself, but her innocent child; and she feels that it would be better to deprive the little one of life itself rather than allow it to come into the world burdened with the stain of illegitimacy. Yet even she must realize that, having called this life into existence, she nevertheless has no right to cut it short in this way. While we must always condemn the illegitimate parents, we are gradually approaching the time when we shall see that there are no illegitimate children. In that day we shall realize that every child, if we see that it has the right environment, may be made a national asset. When that time comes the nation will refuse to allow children to be brought up in the midst of surroundings which turn them into criminals, simply because their parents are neglectful, or unable properly to provide for them.

It may encourage the unfortunate young woman to go through with her bitter experience to the very end to know that hundreds of others like her, who have brought children into the world that were not properly planned for, and who have done their best to make desirable citizens out of them, have, in the end, been more than repaid by the upright, honorable men and women who have not been ashamed to call them "mother."

The birth and care of her child is many times the salvation of the girl who has taken a misstep. If we who are protected from wrong-doing would only go out of our way to help and encourage these poor, unfortunate creatures, hundreds of them would gladly return to the path of virtue and would rejoice in an opportunity to prove that they are not "lost" women. They may have "fallen" temporarily, but they may rise again to even higher levels than those on which they walked before.

When a woman becomes pregnant, she should at once realize that it is incumbent upon her to live up to the duties and responsibilities which belong to her condition. If she is normally healthy and is able rightly to direct her life, there is no reason why she should dread this experience. She should realize, before attempting any such serious step as this, that she is not the only person concerned. The husband and prospective father has a right to be considered. The child is his as much as hers. Moreover, they

should both realize that their child belongs also to the nation. Today we appreciate this fact as never before, because we realize that the nation's life depends upon the new individuals continually coming into existence.

If it is not desirable to have children at any particular time, then husband and wife should strive for that self-control which will free them from these responsibilities. Wives are very apt to say that they cannot control these matters of marital intimacy. The husband considers that he has certain rights, and he requires the wife's acquiescence. It may be that is true in many instances. In other cases, however, I have no doubt that if the wife were properly to approach the husband upon this subject, she might be able to bring him into a state of mind where he would be willing to show more consideration for her. Husbands sometimes have a keener appreciation of the wife's position and a truer desire to protect her, even from themselves, than the wife gives them credit for having. Surely every right-minded man would much prefer at least to make the effort to gain such self-control, than to put his wife in a position where she is tempted to commit so terrible a crime as that of abortion.

It will be well for every woman to understand that no method has ever been devised for child-murder which is even tolerably safe for the woman. The methods employed even by so-called experts in this terrible profession are questionable and often dangerous to life.

Women should also understand that there is no "medicine" which is sure to produce the desired effects. Most of the remedies that are advertised and sold for such purposes are entirely worthless, being made not so much to produce the desired effect as for the purpose of making money for their manufacturers. These reap a fortune from the gullibility of their victims. The same is true of the female "regulators" that are put on the market under different names.

The victim of abortion rarely regains the full degree of health which she enjoyed before. She is always liable to further miscarriages, and she must always carry in her mind the consciousness of having taken the life of her own offspring.

It is, of course, true that in very exceptional cases it becomes impossible, either because of accident, malformation, or disease, for a woman to carry her child to full term without thereby sacrificing the life both of herself and the child. Such a serious matter, however, can only be decided upon rightly by wise and honorable physicians. If the conclusion of such a consultation is that both mother and child are in danger of losing their lives if Nature is allowed to take her course, it may be necessary to sacrifice the life of the unborn in order to save the living. Only under such circumstances, is it permissible to deprive the embryo of its existence.

It would hardly seem necessary to say anything upon the subject of infanticide, and yet we do hear occasionally of poor, unfortunate women

whose children seem to them to be a badge of shame and who add to their first wrong-doing by deliberately killing their offspring. No right-minded woman, no matter how deeply she may feel the disgrace of bringing a so-called fatherless child into the world, would deliberately add to her guilt by this crime. Let Society not forget, however, that a man who leads a woman into wrong-doing and then deliberately leaves her to bear her shame alone is as responsible for her crime as she is herself. Let us hope that the day is coming when all motherhood will be held sacred, and provision will be made for the proper care of every child, so that no mother may feel it necessary to lay such a burden of guilt upon herself.

CHAPTER XXVI

The Pros and Cons of Birth Control

IT is natural to consider the subject of birth control in connection with that of abortion, because it is one of the chief arguments of the advocates of the former plan that it would reduce the amount of what has been termed the American crime, because it is so common among American women. It is, of course, true that if some method could be found for preventing conception, no one would feel the necessity for producing an abortion.

There are many conditions in which it would seem to be undesirable for children to be brought into the world. If, for example, both parents are tubercular, the probability is that any child born to them will be so lacking in vitality that it will be almost impossible for it to develop into a healthy, normal human being. To be sure, the parents may, by proper living, overcome their tubercular condition to such a degree that the children would have a fair start; but until they have reached the desired degree of healthful vigor, it would seem best that they should not be allowed to propagate.

If, again, the husband is addicted to alcohol, the wife may feel that, for the sake of protecting her children from being conceived under the most detrimental conditions, she should take whatever

steps are in her power to prevent the starting of their lives. Again, it may be that neither parent has any love for children or desire for them, and it would seem under such conditions that it would be most unfair to the children to call them into existence. Or, again, while the parents may be ready and willing to increase the size of the family at proper intervals, the mother's health may demand for a certain period freedom from the burdens of pregnancy and childbearing. Lastly, we may consider the case of parents whose means are too limited to permit them properly to care for a large family, and who are therefore compelled by economic reasons to limit the size of the family.

We must admit that in every instance it is possible for parents to exercise birth control through self-control. There are many, however, who feel that their health demands this relationship at reasonable intervals; and yet they do not feel able to accept the burdens of parenthood that it naturally entails.

All of these appear to be legitimate reasons for the use of birth-control methods. Yet it must be realized that we have not had sufficient time to observe the true consequence of the methods proposed. The majority of the mechanical devices used for this purpose are known to be harmful—some of them extremely so—and they should be scrupulously avoided. It is difficult to see how this could fail to be the case when one considers the sensitiveness of the deli-

cate membranes of the sex organs. Some of the medicinal methods suggested are equally harmful. It is, indeed, difficult to find a contraceptive which is absolutely harmless, and it is well proven to be impossible to find one which is absolutely certain.

The majority of methods used have in them the possibility of injury to the delicate lining membrane of the female organs, and, as a result, are more or less painful and distasteful to the woman. In fact, to many, the whole idea will be most repugnant, because it takes away from the marital act its most essential characteristic of spontaneity. Ideally this physical union should come simply as the highest point in a passion which has arisen spontaneously and has led, by natural steps, to this final culmination. To deliberately plan it is, as many feel, to deprive it of its element of spirituality and to place it upon the grosser plane of mere physical pleasure.

Most of the arguments which are set forth in favor of birth-control methods are based upon conditions which are in themselves of a temporary nature. If husbands and wives will but make the effort they can change or remove these conditions. We have gradually learned to control even our appetite for food through an understanding of the function of food in the building of bodily tissue, so it would seem that eventually we will also come to the point where we can control sex powers through an understanding

of their purpose in life. Until that time it may be necessary for some to take advantage of other methods for relieving themselves of burdens which seem to them unbearable, but the ideal toward which the human race should ever strive must always be that of self-control.

While there may be instances in which it may seem to be allowable to make use of some of these birth-control methods, it can never be considered legitimate, by any right-minded person, to make use of them simply for the sake of excessive indulgence. It must be remembered that the most serious effects upon the human organism come, not from bearing children, but from excessive sexual indulgence. The process of childbearing, under normal conditions, is, after all, a natural one, and therefore does not ordinarily produce any deleterious effects. The marriage relation, however, may make a great drain upon the nervous system of both parties, and, if indulged in too frequently, must inevitably result in a serious condition of depletion which will lead to still graver consequences. If we could look over the records of the cases of women in our sanitariums, we would discover that, while a very small proportion had been brought there by childbearing, a great many had had their health wrecked by marital excesses. This being the case, it would be well for married people still to bear in mind the ideal of self-control, even though they may think it necessary to make use of birth-control methods.

There is one other matter which must be considered in this connection which I have already dealt with fully in my corresponding volume, "Manhood and Marriage," and may therefore quote here verbatim.

"In this connection we may say emphatically that any departure from the strictly natural character of the sex relation is almost certain to react injuriously upon both parties. Once the marital act has been commenced, it should be carried through to a natural completion, or it will prove harmful. It might even be said that when once the passions of both have been aroused to the point at which the marital relation is physiologically demanded, then it should be carried through if the question of the health of both parties is to be considered. Not to do this, means not only more or less nervous derangement, but serious congestion of the parts involved, producing weakness and inflammation. But the physiological results are naturally far more serious if the relation has only been commenced and then is interrupted before it has been completed. This practice, often spoken of as withdrawal, consists in termination of the sexual relation just previous to the climax or moment of highest intensity. This naturally involves a severe shock to the nervous centers concerned, and cannot fail to be injurious both locally and to the general system. It is debilitating to the man, but it is usually an outrage upon the woman. The relation, if entered into at all,

should be carried through slowly in an absolutely natural manner, resulting in the orgasm or climax being experienced by both husband and wife. If this does not occur to both, then it is devitalizing in its effect. Men who practice other methods of intercourse, or who for a term of years selfishly satisfy themselves without sufficiently prolonging the relations to also satisfy the wife, gradually experience a lessening of the power of ejaculation, which either is retarded or becomes more and more premature. They also develop a train of symptoms characteristic of nervous disorders, as well as digestive and other functional disturbances."

CHAPTER XXVII

Heredity and Prenatal Influence

HEREDITY is a subject which is, as yet, only partly understood by the most advanced thinkers and largely misunderstood by the general public. We hear, for example, that someone has inherited consumption or some other disease, whereas in reality what is passed on is not the diseae itself but simply a weakness of the physical constitution which makes it more prone to succumb to the attacks of this particular disease. There is a lowered state of the vital forces which renders the body particularly susceptible to attacks of this kind. The same may be true of other diseases.

It may readily be seen from the above that, while one may inherit a tendency toward one form of weakness or another, there is no reason why one should sit down in hopelessness and give up to the inherited tendency. Rather should the knowledge that such a weakness exists spur one on to greater effort toward building up one's vital forces. It is always possible to add to the amount of vitality which we receive at the beginning of our existence, and the duty rests upon us to do so in order that our offspring may receive a better start in life than that with which we were blessed. That this is possible has been demonstrated in innumerable instances.

There are two poisons which may well be termed "racial poisons," because they make a direct attack upon the germ plasm. One is the poison of alcohol; the other is the poison of syphilis. These facts should be carefully considered by all who have the welfare of future generations at heart. Could these two poisons be removed from the bodies of the human race and the natural tendency of the living germ plasm to maintain its force and vigor be allowed undisturbed sway, who can say to what heights of vigorous development we might not attain!

Although parents are markedly able to affect the inheritance their children are to receive through their own bodies, they are not able to change the heritage of previous generations. It is for this reason that young people contemplating marriage should know something of each other's family history. The discovery of insanity, epilepsy, idiocy, alcoholism, or syphilis, in the ancestry of an individual should make one pause before choosing such an inheritance for one's offspring. A single case of such afflictions may not be serious enough to warrant the breaking of an engagement, but a long line of such cases would be more than sufficient to make such a decision imperative. In the case of tuberculosis, while one would not intentionally choose a tuberculous individual for a parent, the mere fact that in the past there have been tubercular individuals in the family need not necessarily cause a panic of fear. Tubercular tendencies can

be overcome through simple diet, outdoor living and vigorous exercise.

The gift of inheritance which we are to hand on to our children has been partly decided for us, but our own physical condition at the time that the gift of life is bestowed rests entirely within us. Ideally considered, those who contemplate becoming parents should see to it that they are in the finest possible physical condition before they assume the great responsibility of bestowing life, for if they cannot directly affect the inheritance of their children, the building of the child's bodily organism during the nine months preceding birth is largely within their control.

The physical integrity of the child's body will depend, in very large degree, upon the quality of the material furnished by the mother's blood during this vitally important time. Not only will her physical condition be affected by the food she eats, the air she breathes and the exercise which she takes, but it also will be affected by her thoughts and emotions. Fear, anxiety, worry, jealousy—all of these negative emotions have a depressing and disturbing effect upon the physical organism and therefore really produce poisons which, carried in the stream of the blood, may react deleteriously upon the forming embryo. Here is where the husband can be of great assistance in protecting the expectant mother as much as possible from these undesirable emotions, and encouraging her to master and rise above those conditions which cannot be avoided.

The husband's loving, watchful solicitude will do more than anything else in the world to make these nine months a period of happiness and harmony, and will, therefore, contribute directly to the welfare of his child.

That the mother possesses great influence over her child during these nine months has been believed from time immemorial. Many of these ancient beliefs have been proven false by the discoveries of science. It is no longer believed that an ungratified appetite on the part of the mother will result in some unfortunate marking of the child. Where the mother's desires are for things not detrimental to her, there is no reason why her wishes should not be gratified; but if her appetite seems abnormal and the things desired inadvisable, she can produce the best effect upon her child by having enough strength of will to put aside cheerfully her own wishes in accordance with the advice of her physician.

It is doubtful if even a great shock to the mother at this time will have any direct effect upon the child, though it may be indirectly injurious through the impaired health and nutrition of the former. The probability is that the mother who has self-control enough to meet the disagreeable experiences of life with courage and optimism will, by her very attitude of mind, protect her offspring from any deleterious results. The mere sight of one who is crippled or deformed should not produce any effect upon the child *in utero* and will not, unless the mother al-

lows herself to be thrown into hysterics through such an experience, or otherwise to exhibit an unfortunate weakness of will power.

Let it be understood that the body of the child is practically complete by the end of the third month. In the majority of instances, the occurrence which the mother thinks of as the possible cause of a certain physical formation in her child will be found to have taken place after she had felt the sign of quickening, which does not come, as a rule, until the child is four and a half months along.

The important thing for the mother during this period is to remain serene and well-poised in spirit, knowing that this attitude of mind is most conducive to the best possible condition of the body.

The fact that peevish, fretful babies are sometimes born to women who have spent their nine months of pregnancy in weeping and bemoaning their condition would seem to indicate that there is some relation between the attitude of the mother's mind during this period and the disposition of the child. Certain it is that the child who is desired, planned for and welcomed from the moment of his conception, comes into the world in a much more harmonious state of mind and body, probably because of the better quality of blood from which it has drawn its sustenance. On the other hand, pregnancies which have been attended with much sorrow and trouble have

often resulted in the happiest babies. Almost every one knows cases of this kind.

The reason why it is important for women to know and understand the truth on this subject is because faith in the old theory of maternal impressions is in itself a cause of worry and ill-health. The woman who fears that she has "marked" or is going to "mark" her unborn child, loses sleep, exhausts her nervous system and deranges her health generally, worrying over these expected results.

Only recently a letter was received from a woman who had been reading about these supposed prenatal influences and who, even though she did not have complete faith in the old theory, yet was so harassed by doubt upon the subject that she could not bring herself to the state of mind in which she would be willing to have children. Her one great desire in life was for motherhood, but through her fears as to the possibilities of marking her child by various experiences, and seeing it "cursed before birth," she had up to that time denied herself this blessing. In a case like this, also, the theory of prenatal influence is vicious in character and result. It is nothing short of a calamity for a woman who desires children to be deprived of them on any account.

If a woman can feel that, with general conditions of good health, she can go through the experience of pregnancy and have a normal, healthy baby irrespective of her mental activities and

experiences during this period, she will then find joy in the experience and feel free to concentrate all her energies on the program necessary for the maintenance of vigorous physical health and good nutrition.

Many there are who have believed that children could be influenced to certain professions, or could have developed within them remarkable qualities by the mother's study or trend of thought during pregnancy. For example, one woman will endeavor to make a mathematical prodigy of her child by devoting the nine months to a study of mathematics. Another will try to produce a musical genius by devoting her time to music, while a third will endeavor to turn her child in the direction of science by reading the works and studying the lives of scientists. The theory is a beautiful one, but it does not seem to work out in practice. Of course, if the mother is already musically inclined, with much native ability, her offspring will show the same characteristics, probably to about the same degree, whether she practices much during that period or not. It is hereditary. If, however, the mother and father lack musical ability, it is rather hopeless to expect the child to show it, unless some of his other progenitors had that capacity. I know of one instance in which a mother made such an effort to develop a musical temperament in a family having no ear for music on either side. The child showed absolutely no capacity for learning music, in spite of the fact that the

mother had practiced most assiduously during her nine months. It was noticed, however, that the boy did show a remarkable degree of perseverance in whatever he undertook. Possibly her determination and stick-to-itiveness had contributed somewhat to that result. But that, too, may have come as a matter of heredity. He was merely the son of his mother, in that respect.

The most important thing for every human being, however, is to be born into the world with a healthy, vigorous body and a well-poised, harmonious mind, and this, particularly, all parents should seek to insure to their children. As one writer has said, "What one habitually is, not what one occasionally or periodically does, has the greatest influence in determining the character of one's children."

CHAPTER XXVIII

The Requirements of Pregnancy

THE young wife who finds herself pregnant for the first time is very apt to allow herself, first of all, to entertain a feeling of fear. She knows little of the experience which is before her, and doubtless looks upon it as a form of illness. The first thing for her to learn, therefore, is that pregnancy is a perfectly normal experience. There is nothing about it that she needs to fear, especially if she is wise enough to follow the teachings of hygiene. If she keeps herself in a perfectly normal, healthy condition, she has nothing to be afraid of.

The girl who has always led an active outdoor life is much better equippd for motherhood than the one who has played the fine lady and, by various forms of self-indulgence, allowed her physical organism to deteriorate. The latter will need to devote especial attention to building up her general condition in order that she may meet successfully the requirements of this period.

If the pregnant woman has followed a sedentary life, or is not over-strong, she should be particularly careful not to lift anything that is very heavy, not to do any reaching after things above her head, as under such circumstances these two forms of activity are liable to bring on a mis-

carriage. She should also be careful to avoid all jolting, particularly such as might come from a fall.

It is difficult for young women to appreciate the importance of following these simple directions. They are apt to say, if cautioned, "Oh, I'm not going to give in to it in any such silly way as that," or, "I don't want to make an old crone out of myself," which simply shows that they have no comprehension of the true state of affairs.

Their bodily organism is being called upon to adjust itself to an entirely new condition. The uterus and its appendages are surcharged and unusually heavy. There is a delicacy of adjustment during these first two or three months which may very easily be upset in the ways indicated. It is during these early months that miscarriages are most likely to occur.

Young wives should know that miscarriages are much more dangerous than normal childbirth, and, moreover, if a miscarriage occurs once, there is always a liability to its recurrence in any future pregnancy. For this reason, they should be particularly careful when carrying their first child. If through any inadvertance they suffer a fall, we will say, and feel a few little pains in the region of the uterus, let them at once put a chair face downward upon the bed and place themselves upon it, with their lower limbs raised upon the inclined back of the chair in such a way that the hips will be markedly raised above

the shoulders, and let them remain in this position for an hour or two. If done at once, this may avert possible disastrous consequences.

The girl who has lived an athletic life needs to change her habits very little. She also should be careful during the first few months not to be too venturesome in lifting or stretching, but if, for example, she has been accustomed to horseback riding, there is no need for her to give it up for some little time. Any other form of activity that her body is used to, she may very well continue.

Outdoor life, as much of it as can be secured, is the very best thing for women in this condition. Their blood must be purified by the oxygen and sent racing through their veins by active exercise, in order that the little new life may receive the best possible nourishment.

Expectant mothers are sometimes urged to eat a very large amount, because they are "eating for two," as it is called. This is a mistaken notion. They should eat only what their system can easily assimilate; more than that is a burden to the body. If it is their habit to use only the most hygienic foods, they need not change their diet in any particular. If, however, they have been accustomed to highly spiced foods, to tea and coffee, and alcoholic drinks, they will be materially benefiting their child's body if they will put aside all of these unnatural stimulants and content themselves with those simple foods which contribute in greatest degree to bone and muscle structure.

Sometimes the young woman becomes obsessed with the idea that she must have a certain article of diet. If there is no special objection to it on the part of her physician, well and good. If, however, it is particularly detrimental to her, she should not allow herself to be overcome with the fear that the deprivation of this particular food will be in any least way detrimental to her child. The old theory that a child would be marked if the mother was deprived in this way has been thoroughly disproved. Her self-control in refusing to take that which is not good for her can have but a beneficial effect upon the little life that is forming.

The Greeks believed that a great effect was produced upon the child by the surroundings in which the expectant mother lived. So they saw to it that their mothers-to-be lived in the midst of the beauties of Nature and the most wonderful productions of man's art. The custom was indeed a beautiful one, and if it had no direct effect upon the unborn children, must have exerted a favorable influence indirectly, because it contributed to the mental repose and happiness of the mothers. Our country has not yet arrived at the point, however, of viewing this matter in its manifest relation to the national resources. Consequently each woman must depend upon her own immediate family for whatever beautiful surroundings she is to have, and many are compelled to live under such circumstances that these comforts and luxuries are de-

nied to them. Even here, however, the mother need not feel discouraged, for she can know that only those things which she **allows** to affect her will be able to exert any influence through her upon her child. Even though disappointment and disaster come upon her at this time, if she meets it all in a spirit of courage and optimism her child will feel the inspiring effect of her attitude of hopefulness. Thus she may turn even the hard lessons of life into a benefit for her little one.

There was a time in this country when it was not supposed to be quite the thing for the expectant mother to engage in social life, even of the most modest sort. She was expected to immure herself within the four walls of home throughout almost the whole of this important period. This fallacious idea is happily passing away, thanks, partly to the maternity dresses which are now so artistically designed and comfortably made. No young woman in this condition need feel the least bit conspicuous, and she should understand, as should those about her, that now as never before she needs all of the happiness and inspiration which comes through healthful social life. Let her go with her husband to intimate social gatherings and attend concerts and other forms of recreation which will not make too great a demand upon her physical powers or her sleeping hours. When the time comes, however, as it will ultimately, when her activities must be temporarily restricted, let her accept these limitations

cheerfully, realizing that they are but a small part of the price which it is only right should be paid for the priceless treasure which is to come into her life.

One very important question will come up for husband and wife to consider at this time, and that is as to whether or not the marriage relation should be entered into during these nine months. There have been men who have taken the position that, since the woman need no longer fear the "consequences," she should now give herself up unreservedly to the husband's demands. This way of looking at the matter does not take into account the welfare of the expectant mother, or that of the child. These considerations, it would seem to any right-thinking individual, must be paramount. Furthermore the husband is injured by these relations at this time. It is a drain upon his nervous system for which there is no compensation.

And when one thinks for a moment of the tremendous drain that is being made upon the wife's physical being at this time, it would seem that a consideration of this fact would completely end all thought of any further demand upon her. She is engaged in the greatest, the most supreme task allotted to the human race, and to that she should be consecrated.

If we study the habits of the lower animals who are monogamous, we will find there obedience to a law which it would seem the human kind would do well to follow also. Among these lower forms

of life, it is always the female who chooses the time when she will allow this relationship to be entered into. It is only when her system is most fully adapted to the requirements of pregnancy and when the conditions of Nature itself are favorable, that she will permit the approach of the male. Moreover, when she has become pregnant, she will resist with tooth and nail all efforts at approach, and her wishes in this particular are respected by her male companions. Would it not seem that the same prerogative should be allowed to womankind, and that man's intelligence would lead him to understand her need for freedom from his approach at this time?

There are physiological reasons why, for these nine months, the pregnant woman should be thus unmolested. In the first place, sexual indulgence at this time has a direct weakening effect upon the parts concerned, with a resultant irritation and congestion which would be unfavorable to natural and easy childbirth. This is a matter of the utmost importance to the woman, and, it would seem, to the husband as well. In the second place, it is found that intimacies of this kind at this time have a tendency to produce, or greatly to aggravate, the condition of nausea or "morning sickness" which many pregnant women experience. A third reason makes abstinence still more imperative. It has been found that a large percentage of miscarriages are the direct result of abuse of the sexual relation by inconsiderate, exacting husbands. Surely a lov-

ing husband and prospective father would gladly deny himself that which would seem to be abnormal indulgence in view of the fact that it may result in the loss of his unborn child. Loving consideration of his wife at this time will do more than anything else to endear him to her. She will find in his restraint the truest indication that his heart is filled with love for her, and that his personal wishes are subordinated to his love.

The husband has many opportunities during this wonderful time, when his wife is carrying his child within her body, to express his devotion in ways that will be conducive to her welfare, and therefore the welfare of their offspring. The physical requirements of pregnancy call for freedom from mental strain and exciting work. All the vitality and reserve strength possible are needed by the wife during this time. The husband should watch over her in every way in his power, keeping worry away from her, encouraging her to be in the open air as much as possible, seeing to it that she has plenty of sleep, and in all ways contributing to her happiness.

It is possible that the wife will not be quite herself while carrying this extra load. She may be cross, irritable, moody, depressed. In all these matters the husband must have patience with her. At the same time the wife should realize that it is not necessary to give herself up to these feelings. By effort of will, she can throw them off, and every time she does so she is contributing to the welfare of her child.

CHAPTER XXIX

Why Children Are Necessary to Happiness

HUMAN beings are seeking always for self-expression. As children, they express themselves in their play. When they reach maturity they find self-expression in both play and work; but in these ways alone they do not find complete manifestation of the inner self. Without any doubt, this is one great reason for the overwhelming desire of all normal human beings to have children. These helpless little creatures who come into our homes reproduce our features, our traits, our qualities, and we have the hope that they will more fully realize our ambitions than we have been able to do. Just when the burden of life is becoming heaviest, and we have begun to lose the keen zest for action which in earlier days made every effort seem worth while, these fresh young lives spring up around us. By their enthusiasm and their overflowing spirits they thrill us anew with the joy of living, and we look out upon life through their eyes with renewed and increased powers of enjoyment.

Those who have been deprived of the joy of children withdraw more or less completely into themselves, and look upon life as observers from the outside. Those, however, to whom have been

granted the joys of parenthood are drawn into the main currents of life by their ever-active offspring, and thus are practically compelled to keep young. They find that their children's triumphs bring them greater joy than did their own in the years gone by, and they find a peculiar pleasure in using for their children's welfare the wisdom which they have gained through life's hard knocks. Everything now that they have endured seems more worth while, because it has more completely equipped them for the successful direction and care of these young lives. No struggle is too severe, no sacrifice too great, if it but contribute to the happiness of these loved dependents. The day's labor is sweeteend for them by the thought of the happiness that is to come to the children through their efforts. They work not for the uninteresting reward of gain, or their own livelihood, but with the inspiring purpose of bringing to these keen young creatures as much as possible of the pleasures and possibilities of life.

In a home where there are no children the interests are very circumscribed. There are only two to contribute to the subjects of conversation, or to the account of daily experiences. Where children gather about the board, however, there is no lack of subjects of discussion, of laughter, and of that hopefulness which dispels all clouds and prevents any settled gloom.

It is sometimes hard, when the children are little, for the mother to be obliged to sacrifice

her days and nights to their physical care. The father, it may be, gets a little stoop-shouldered as he drudges day after day to earn their daily bread. But as the years go by the rewards become greater and greater. Often only in old age do the parents really discover that the sacrifices of those early years are now bringing their full reward.

We cannot measure the development of character which comes through the care and training of children. In order to control them, we must learn self-control. Ingenuity is developed, undreamed-of capabilities unfolded, self-sacrifice and devotion encouraged, through the care of the children. In fact, if one were to go into a study of the development of the human race it would be discovered that it was by the pressing needs of their little ones that primitive man and woman were forced to take the first steps of that upward path which leads to what we call civilization. For themselves, man and woman might have been content with things as they were; but the discomforts suffered by their offspring drove them to making unaccustomed efforts for their relief. In that way, and in that way alone, did the human race achieve its mastery of the material universe, and, without doubt, it is through the service of their young that the human race will go on to the unfoldment of the highest spiritual faculties which they possess.

CHAPTER XXX

The Question of Money

THE second big reef upon which the matrimonial bark is in danger of being shipwrecked is the question of money. If all other matters are satisfactorily adjusted, while this remains a thorn in the flesh of one or the other member of the partnership, there is bound to be disagreement and unhappiness, with the ever-present possibility of an ultimate breaking away from a situation which has grown to be intolerable.

There was a time when man and wife were looked upon as one, and that one was supposed to be the husband. His will was supreme. He owned the home, the furniture in it, the clothes on his wife's back, and many times he thought he owned her also, body and soul. The wife had no money of her own; she was not supposed to need any. Even men of great wealth, with this attitude of mind, would refuse to allow their wives a penny for their own personal use. These unhappy women could not have the pleasure of paying cash for anything, whether they were purchasing household supplies or their own personal equipment; all must be charged to the account of the overlord. This gave him the privilege of growling over the bills as they came in each month and grumbling at the wife's extravagance.

She therefore lived in a constant attitude of fear. She did not dare breathe without the permission of her lord and master.

This relationship of master and slave is always a degrading one, not only to the slave, whose soul is subjected to continual indignities, but equally so to the tyrant, whose harsher and more cruel qualities are accentuated through the frequent opportunities offered to him for their expression.

Fortunately for the human race, this idea is gradually passing away. With the increased economic independence of woman, her more general participation in public activities; and the recognition of her rights as a citizen, has come an appreciation of her value in the home which has given her a position of ever-increasing importance and power. No self-respecting man today wishes to tyrannize over his wife, even though he may still have something of an idea of the superiority of the male sex and the desirability of his keeping a firm hand on the helm.

A great many people of the present time have found a solution for the financial problem which works fairly well in a good many cases. This is the allowance system, the husband giving the wife a certain amount of money each month which she may call her own, and may spend as her fancy dictates. Sometimes this allowance is intended to cover all the expenses of the home, her personal expenses being included. Under such conditions the wife is very apt to spend al-

most all of the money upon the household needs, neglecting herself at times to an unwise degree. In other cases an allowance, proportionately much smaller, is made for her own personal expenses, and in this case she probably feels a little more freedom to gratify her own wishes.

For a certain type of woman this arrangement works very satisfactorily. If the wife has never been financially independent, receiving simply an allowance from her father in her girlhood, she finds it not at all humiliating to receive an allowance from her husband. She is willing to let him decide how much of his salary he thinks he can afford to let her have, and asks for nothing better than this feeling of freedom within limits.

There is another type of woman, however, and one who is coming more and more into evidence. She left her father's house to enter the business world, and had been financially independent for years, it may be, before she was persuaded to give up her own professional or business career to make a home for a husband and children. She does not like the idea of an allowance, because it carries with it the suggestion that she is no longer financially independent. Apparently, the man earns the money and she lives on his earnings. Feeling that the money is his, he generously condescends to give her a certain sum each month which she can call her own. The feeling of dependence is very galling to her, and, although she may not give expression to it, it becomes an increasing source of irritation.

This situation is not based upon a foundation of justice. Therefore, it cannot be permanently satisfactory.

What is the real situation between these two individuals?

We have here, in the first place, two independent persons, each of whom is perfectly competent to earn his or her own living. They have decided, however, that their lives will be richer, fuller, more complete, if they join together in establishing a home. In other words, they enter upon a partnership. The highest efficiency calls for a division of labor. To make a success of their joint undertaking, under present conditions, the energies of one, as a rule, must be devoted almost exclusively to the business of making and maintaining a home, and caring for the children who form so vital a part of the great undertaking. The other must concentrate upon the business of earning the money needed for the maintenance of the home. In the majority of cases, it is found advisable for the woman to undertake the first of these labors and for the man to undertake the second.

The time may be coming, when this will not be so. It is quite possible, for example, that, as a result of the present war, there will be cases in which the man, having been deprived of the power of earning a satisfactory income, can, with better success, devote himself to the home-making, while the woman continues to develop her capacity in the business world where she has se-

cured a footing while he was serving his country.

Whichever one is busy in maintaining the home center, however, it should be understood by both of them that that work is just as vital to the success of the firm as the efforts of the one who goes out into the arena of business.

It is difficult for the man, in the midst of his varied activities, to realize how much of his success he owes to the quiet persistency, the unfailing confidence and faith, the ofttimes penetrating intuition, and the always helpful suggestions of the little woman in the home. Deprive him of her constant ministrations, and he will turn out to be less than half of the man that he is today.

All great men recognize this fact, and do not hesitate to give full credit where credit is due. "I owe my success to my wife," is heard repeatedly upon the lips of some of the greatest men of our country, and we know that they are speaking the truth. Smaller men are not so ready to give open expression to their recognition of this fact, for fear it may detract in some way from their own reputation for business astuteness.

What, then, would seem to be a fair arrangement of money matters between these co-equal partners?

In the first place, let it be understood that the money which comes in is the joint product of their personalities. The quiet work of the wife in the home is just as potent a force in the hus-

band's success as are his visible efforts. It should be looked upon, therefore, as **their** income, not simply as his salary or wages.

They have, then, a certain sum of money coming to them each month. What will be the equitable division of this money? It would seem to be perfectly fair to set aside the sum absolutely essential for the expenses of the home, and to divide the remainder into two equal portions for the personal expenditures of the pair. If the husband has to meet some daily expenses, such as carfare and lunches, the amount needed to meet this drain upon his pocketbook should be taken from the household expense money. There may be other reasons for making the husband's amount of spending money a little larger than that of the wife, but this is a matter which will be very easily adjusted, because, in the majority of cases, the wife will be the first to recognize the justice of such a procedure. The very fact that her husband recognizes her as an equal partner with himself will fill her with a desire to be equally thoughtful and generous in her attitude toward him.

In this connection, it may be well to consider a little the question of money in relation to the children, as they begin to develop into separate individuals.

In many families the custom has prevailed of giving the little ones pennies every once in a while, with the injunction to run and buy a stick of candy. This is deliberately training children

in the spendthrift habit. They get the idea that money is always to be spent immediately upon its receipt, and so they grow up without the faintest idea of the importance or value of saving.

A much better plan is it to begin as soon as the children are old enough to enter school, for instance, by giving them a little weekly allowance. If no more at the beginning than a penny a week, let them know that they can count upon this with assurance, and then occasionally suggest to them little purchases which will require the saving of several weeks' allowance. Let the amount be increased as the children grow older, and occasionally give them an opportunity to earn an additional sum by some special piece of work. Not that all of their duties in the home should be performed for money, because this deprives them of the feeling that a certain responsibility rests upon them in the home, as well as upon the parents.

At the present time there are so many splendid inducements for children to save, such as the savings banks in the public schools, that parents may well begin at once to place small sums of money regularly in the hands of children, and then see to it that they are properly conserved. In this way the valuable habit of saving may early be established.

CHAPTER XXXI

The Snare of the Boarding House

ONE of the temptations that assails young people who are contemplating matrimony is to start their united life in a boarding house. It seems to the young bride such an easy way to solve the new problem that confronts her. She knows her own inexperience, and it seems to her it would be much easier and pleasanter to let some one else cook the meals, do the marketing and perform the many other tasks to which she feels herself unequal. Then, too, as she may sagely observe, you know just how much you're going to spend each week when you are boarding, whereas you are always in danger of running expenses up a little higher when you're buying and cooking for yourself. She may even persuade herself that it would be better all around for her to continue in business and so make it possible for them to follow what seems to her to be an ideal plan.

She may be right, in many respects, as to the advantages of the plan; but she probably has forgotten to consider the real price that one must pay for all of these so-called comforts.

One does not realize, until one has tried the experiment, how much the union of two lives may depend upon the cheerful, intimate associa-

tion which is possible at mealtime . In rush seasons that is often about the only time when the wife will see her husband; and it is most important, therefore, that this intimate companionship shall not be destroyed by the constant presence of outsiders.

The atmosphere of a boarding house is most destructive of all that goes to make for a happy married life. There is the carping criticism of each other which the guests are sure to indulge in, the daily gossip which inevitably goes on where a number of more or less idle individuals are gathered together and which so easily deteriorates into slander. There are the idle hours, if the wife is not in business, which leaves her open to all sorts of dangerous temptations. Frequent attendance at afternoon teas in public places where dancing takes place, and where questionable characters are often to be met, is one form of allurement which the young wife who is wise will want to avoid. Frequent bridge parties, where the spirit of gambling prevails, have led many a young wife to incur indebtedness which has resulted in her husband's financial ruin, and, it may be, her own moral downfall.

It may seem preposterous to the young bride to suggest that her devotion can ever wander from her husband. But in the hours of unoccupied leisure which may be hers in the boarding house, she may easily be caught in the net of some fascinating man who has nothing else to do but to make himself agreeable to the feminine folk, and

without any disloyal intentions, bring disaster upon her own head.

Even if these more tragic occurances do not come to her, there is inevitably a tendency to increased selfishness through living this sort of a life. There is so little that she can do for her husband under these conditions that by and by she forgets what her duty in this respect really is. She gets to think only of his obligation to provide her with all the money she thinks she needs, and she is constantly stimulated by the extravagances of those about her to exceed the conservative limit of expenditure. In other words, she becomes a real parasite, living upon his earnings and giving him practically nothing in return for it all.

Moreover it is never possible, in even the best of boarding houses, to get food which is as healthful, or as daintily prepared, as it may be in one's own little home. Probably the reason why so many Americans suffer from indigestion is because so many of them live in hotels and boarding houses. A wife should make it her business to see that her husband's digestion is kept as nearly unimpaired as possible, and she should not endeavor to shirk this responsibility.

CHAPTER XXXII

The Question of Friends

IT is the natural impulse for two young people who feel that in each other they have found the whole universe, to be so satisfied with their new relationship of marriage that they both quite thoroughly neglect everybody else. Their relatives, of course, will probably refuse to be neglected. With the confidence which comes from the familiar life of the family, they will seek out bride and groom upon occasion and drag them forth to enjoy some of the family gatherings. Their friends, however, not feeling the same assurance, will probably keep away until they receive an indication that their love and friendship are still of value.

However happy the two may be in each other's society, the time will come when they must face the question as to what is to be their attitude toward each other's friends. In fact, they must even consider what is to be their own attitude in the future toward their own friends.

For example, the young wife has had men friends, as well as women friends. What, now, is to be her attitude toward them in the light of her new state. Is it necessary for her absolutely to cut herself off from any further friendly association with them, or is it possible for her to con-

tinue to look upon them as her friends without putting them or herself in a dangerous and undesired situation?

The answer to that question will depend in very large degree upon just what has been the relationship existing between her and her men friends. If their association has been on a more or less sentimental or flirtatious basis, it could not be considered wise for them to continue it in any save the most formal manner. They will meet socially, of course, and enjoy a few minutes' conversation together, or a dance upon occasion; but it would be best for all concerned if they no longer indulged in tete-a-tetes which might lead to foolishness on their part, or misunderstanding on the part of others.

If, however, their friendship has always been on the basis of frank comradeship, there is in all probability no reason why this might not be continued within limits. If the husband finds that these comrades of his wife are congenial to him, the question is practically solved. Admitted to his friendship, they belong to the intimate circle of the family life. If, however, any of them should prove to be distasteful to the husband, then, although their relationship to the wife may be absolutely correct, it would be the part of wisdom for her to deny herself the pleasure of seeing them upon occasions which might seem to her husband to come with too great frequency. This need not interfere with true friendliness, but simply will be a means of avoiding unnecessary

friction with the one whose peace of mind means most to her.

It would be well, also, for the wife to ask herself what is to be her relation to her girl friends. This may seem to her at first a strange question, but it is nevertheless a very practical one.

In the days of her care-free girlhood they were all chums together, sharing each other's most intimate experiences in the heartfelt, outspoken way of girlhood. Her impulse now is to continue the old relationship, to impart to them—in strictest confidence, of course,—the intimate happenings of her daily life, which is of such paramount importance in her own eyes. Innocent as this pleasure may be in the beginning, it is, nevertheless, a dangerous pastime. There will come a time when little jarring notes will creep into the domestic harmony. At first these impress her as very ludicrous, and she tells them to her dearest friends as the latest joke. Little by little, however, a rasping vibration may creep in. She begins to find these little tests of her good humor rather taxing, and, all unconsciously to herself, she passes this impression on to her confidantes. They, of course, are quick to note the change in her feelings, and begin, tentatively, it may be, to pity her just a little. She accepts their pity as a soothing ointment upon her rasped nerves. By and by she begins to think of herself as a martyr upon the altar of wifely devotion and self-sacrifice. Before she knows it, she begins to recount to her husband her deeds of devotion, stinging

him probably, into some unfeeling retort that drives them still further apart. Thus, before she is aware of it, the young wife finds herself in the midst of a real domestic hurricane. In all probability, the greater part of this difficulty might have been avoided if she had not been imparting to her bosom friends the insignificant details of her daily life. In the mere telling, they have gained an importance that was not originally theirs.

It is for this reason that brides will find it very wise, while not changing at all the warmth of their affection, to maintain a certain amount of reserve in their association with even their most intimate friends.

It hardly seems necessary to point out to any young woman the extreme indiscretion of making a confidant of one of the young men whom she may have known more or less intimately before her marriage. That would, indeed, be the height of disloyalty to her husband, and would probably be so regarded by the young man himself.

Equally important is it for the young woman to consider what is to be her attitude toward her husband's friends.

In the first place, he doubtless has had many friends among the girls. What is to be her attitude toward his woman friends? Her first impulse, doubtless, will be to feel just a little jealous of them, not so much because she is afraid that they may take his regard away from

her, but because they had a share in those early years before she knew him very well. She is even inclined to feel a little jealous of his mother, because of her intimate association with him during his infancy and childhood. She will smile at herself for the absurdity of her feelings as regards his mother, and she can well afford to do the same as regards his friends. The fact that, after knowing them, he chose her, proves her supremacy and should convince her that there is, therefore, no real cause for this absurd sense of injury. The probability is that she will bind him much more closely to her by taking an attitude of generosity toward his relation with other women than she could possibly do by any attempt to restrict his friendliness with them. His admiration for her will increase if he sees she has implicit confidence in him, and an unusual generosity toward those of her own sex.

This is acting on the assumption, of course, that his association with other women is purely on the basis of comradeship, and absolutely free from all sentimentality or leaning toward flirtation. Should this not be the case, however, she would then be justified in having a straightforward talk with him, pointing out how unfair it is both to her and to the other woman to keep up this sort of playing at love. She has a right to ask him to put aside all such imitations of love now that he has experienced the full intensity of the real and lasting emotion. He owes it to his wife to show the whole world that she reigns su-

preme in his heart, and never, by any least act or word or look, to raise any doubt in her mind on this point, or in the mind of anyone else.

Then there are his men friends to be considered, his pals of former days. She may even have a little jealousy of his continued association with these chums of his. She feels, it may be, that every moment of his spare time belongs to her, and so she thinks she has a real grievance if he ventures to spend an occasional evening away from home with the boys. If these evenings come with too great frequency, and if they mean the indulgence in intoxicating liquors, or questionable forms of amusement, she is justified in her opposition to them on the basis of his own welfare. If, however, they come only semi-occasionally, and mean simply an evening of clean, manly sport, she should not deny her husband this opportunity to associate with those of his own sex.

Men need the sort of stimulus that comes from associating with other men. A loyal husband will not like to admit it, but life becomes more or less grey and monotonous if he never gets a change to bask in the stimulating atmosphere of masculine controversy. Men have a way of telling the brutal truth to each other which is most beneficial to all concerned, and it may be the wife will do well to let the husband get a little of his desire for this kind of mental relaxation out of his system in company with his fellows, who will understand him, instead of forcing him to make

use of her in a way which may prove to be most upsetting to her nerves. Here, again, generosity on her part will bring its own reward, for an evening spent away from her side will doubtless bring him back with open expressions of the pleasure he finds in being able to spend most of his evenings in her society.

This same principle will apply to the question of vacations. The two who have started out in life together are apt, in the first year or two, to feel that it is impossible to live apart, even for two weeks. Yet, even in this period, it might not be amiss for them to endure a two weeks' separation, knowing that its only possible effect will be to make them rejoice more intensely in coming together again.

Many husbands and wives, take it for granted that their vacations must be spent together and maintain the practice throughout a lifetime. In this I am inclined to believe they are making a great mistake. One of the great dangers in married life is that the two, who have been drawn together by their unlikeness, shall in time be driven apart because they have absorbed so much of each other that they no longer seem mutually attractive. This being the case, the vacation period offers an opportunity for a temporary separation which will renew the freshness of their relation and contribute to its permanency.

Moreover, the thing which the husband most enjoys may not be that which will give the wife the most pleasure. He may prefer the joys of

mountain climbing, with the opportunity it affords for hunting and fishing, while she longs for the sea-shore, with the bathing and aquatic sports. How foolish, therefore, for one or the other to be compelled to sacrifice his or her own natural inclinations for the fetish of spending their vacation period together! Let each seek out that which will give each the greatest amount of pleasure, knowing that in this way only will they derive the greatest amount of benefit from this period of rebuilding.

Of course, it is not intended to suggest that the wife should go away and leave her husband alone for the three months of the summer, unless it is an absolute necessity. If they live in a big city, and little ones have come into their lives whose welfare must be of paramount importance, this may become a necessary course of action. Little children need the outdoor life and activity, the closeness to nature, which only the country affords, and, for their lifelong benefit, it is most desirable that the summer time, at least, be spent by them in the country close to Mother Earth. This may call for sacrifices on the part of father and mother, but such sacrifices will bring a large return. It may not, however, be necessary for this sacrifice to be made, if the mother, during the summer, will take the time, day after day, to seek out those places where the children can play in the open.

CHAPTER XXXIII

The In-Laws

ONE of the biggest problems that the two young people have to meet may be described in the words of the title of this chapter. His family are her "in-laws," and her family are his "in-laws," and it is quite a question whether or not they are all going to be able to get along harmoniously together.

It may help the wife a little in solving this problem if she will take a little time to consider just what a mother probably feels when her son or daughter has reached the age of marriage. Up to this time the mother has, in all probability, reigned supreme in the heart of her son or her daughter. Not only has her will been law, but her slightest suggestion has carried the greatest possible amount of weight. Now she finds her place pre-empted by another. As the bride herself discovers later on in life, one of the most difficult things in the world to do is to retire gracefully into the background after having for many years occupied the place of supremacy.

Let her remember all this in considering the actions of her mother-in-law. Let her remember, also, that the time will come when she will be filling that unenviable position herself, and so let her consider carefully that priceless admoni-

tion, "Do unto others as you would be done by."

Sometimes, out of the goodness of her heart, the young bride will offer to take her husband's father or mother, or even both, into her home. This is being generous to a fault. Beautiful as the impulse may be, it will lead to a situation so full of difficulties that the probability is that, in the end, she will deeply regret her rash impulse.

If it is a possible thing, the parents of neither one should attempt to live with the young couple. The bride may think it would be most delightful to have her own mother in the home, to carry some of its responsibilities for her and to give that sympathetic understanding which she has always received from that unfailing source of comfort. She must remember, however, that her mother is her husband's mother-in-law, and it will probably be just as difficult for him to adjust himself to this new relationship as it is for her. For both their sakes, therefore, they should start their united life with no one else in the home.

If the constant and intimate association with the in-laws in the home is avoided, there is a greater likelihood that an harmonious relationship may be gradually evolved. It may be necessary for the bride to exercise a little tactful reserve, in order to keep the mothers on either side of the family from interfering, from the best of motives, in the little details of every-day life. It will not be easy to do this, but if the bride has only love in her heart, if she resolutely refuses to let any irritation creep in, she will be able to

explain very frankly, yet sweetly, to both mothers, that she thinks it best for her and her husband to manage their own lives in their own way. They probably will make mistakes, but they will learn through their mistakes. No one really learns from the mistakes of others, and that is the reason that it is not advisable for any one to be too ready to follow the well-meaning advice of other people.

Long years of observation have convinced me that most of the friction in life comes from trying to maintain too close a relationship between people who were not meant to be thus associated together. It is possible to treat the "in-laws" with courtesy and kindness and love, and yet make them realize that the life of the wedded pair is something so intimate that they have no right to intrude upon it. It is much better to cause a little comment upon one's standoffishness at first, and gradually grow into a cordial relationship, than it is to try to enter at once into the intimacy of a family life and find one's self in the unpleasantness of a family quarrel.

The bride will need to exert herself, it may be, to resist the temptation to confide too much in her own mother. If things go wrong, she is tempted to run home to mother and tell her all about it. By so doing, however, she will lose the opportunity of developing her individuality and independence, and she will be in danger, as was suggested in regard to her intimate friends, of having mole-hills made into mountains,

through her own unconscious exaggeration in talking to a sympathetic listener.

The two young people are starting out upon a new life, a life together. And they should feel that now, for them, the family unity is just they two alone, to be increased later on by the welcome addition of children. Great as are the obligations of parents to children, they must take second place after the children have married. Parents should realize this from the very beginning, and train their offspring accordingly. Parents and children now have the opportunity of entering into a new relationship, the friendship of equals.

CHAPTER XXXIV

Quarreling and Making Up

WHEN two young people, deeply in love with each other, are planning for the future, they picture it as one long honeymoon, where nothing but love and harmony will ever find expression. It would, indeed, be a happy thing if nothing inharmonious ever came into the home life.

But since it is not possible, nor even desirable, for the world to be filled with people who are always in a unanimous state of mind, it is necessary for human beings to learn how to differ without bringing inharmony into their relationship.

One might well study the art of differing. It is not necessary that two people should be absolutely of the same opinion in order to live together harmoniously. One need not be the walking echo of the other. In fact, such a condition of affairs would, in reality, be most unsatisfactory for anyone blessed with average intelligence. A great deal of pleasure is to be derived from discussing many things with those who view them from an angle different from one's own. We are enlightened by seeing through other's eyes; we are broadened in our sympathies by learning how others feel; our life is, therefore, enriched through differences.

To derive benefit from such circumstances, however, it is necessary for one to learn to con-

sider matters dispassionately, and with nothing but the most harmonious feelings at heart. As one spiritual teacher has aptly phrased it, "Agree to differ, but never disagree." This means that there will always be an atmosphere of agreement and of harmony in every difference which may come up.

One reason why it is so difficult for the newly married to differ harmoniously is because their feelings are so keenly involved, and they have not as yet learned to consider instinctively, as it were, the other's point of view. The bride will find herself thinking, when some disputed household matter, it may be, comes up for discussion: "Well, I don't care. I think he might consider my wishes in this matter. If he loved me, he would rather do what I want than anything else in the world." Without doubt, her husband is thinking approximately the same thing; and in a little while they are accusing each other of having already begun to lose some of the deep devotion which has drawn them together.

The difference in itself, in all probability, is very insignificant, but the question of each other's love, which it has raised, is of serious import. It is only where there is perfect confidence in each other's unselfish devotion that there is found the necessary tolerance for an harmonious, united life. After years of marriage, that confidence generally comes, so that the two can differ with the utmost good humor and mutual understanding.

It is well for the young wife to make rather a careful study of this subject of quarrels, because in many cases she has it in her power to avoid a great many of them. A man in the business world learns to overlook a great many things. He is obliged to, in order to hold his position. He gets the sharp corners knocked off, and he learns to mind his own business and pay very little attention to other people. Men talk to each other with brutal frankness, as a rule, anyway, and here possibly will be found the beginning of trouble in the home.

The husband, feeling that in his wife he has found a good "pal," instinctively begins to talk to her as he does to the other fellows. He tells her that the way she has hung the parlor curtains makes them look sloppy; that he does not like all this fol-de-rol, referring to specimens of her handiwork, it may be, which are meant to adorn the home; and altogether shows a brutal disregard for her feelings, which probably drives her to her room in a spasm of tears. Of course, it is all very unkind and unfeeling of him, and he should know better. He should have learned the little tactful ways which would enable him to sugarcoat his criticism with such words of appreciation as would enable her to take the dose without a qualm. But he hasn't learned these, and she should, therefore, be willing to overlook the acts and words which are the outcome of his ignorance. That does not mean that she should always put up with such boorishness, but only

that she should have enough self-control not to let these little things upset her. If she retains her equanimity, she may be able, later on, to point out to him a better way.

We lose all our power when we let our feelings drive us to tears. That is a waste of energy which we can ill afford. The woman who has the power to rise above all of these petty disturbances will be the one who eventually will dominate the home atmosphere and bring it into that harmonious condition which both really desire.

In the first place, she must have complete confidence in her husband's love. No matter how many times he walks roughshod over her tender sensibilities, no matter how clumsy and blundering he may be in the expression of his desires and wishes, she must hold fast to that fundamental fact and never let it escape from her. When she is fairly quivering from some bit of apparent heartlessness, she must learn to say to herself, "Well, poor fellow, he doesn't know any better. I must try to teach him."

There is only one way in which she may teach —and that is not by word of mouth. It is easy to talk, but it is difficult to do. She must teach the better way by showing it; and the first step in that direction is for her to ask herself, whenever an inharmonious condition has arisen in the family, "Where was *I* to blame in that? What was *my* fault?"

In order to find the answer to these questions

it is not enough for her to dwell simply upon the last five minutes of the quarrel, going over all of the unkind things he said when his anger was finally aroused, and justifying all of the equally unkind things she said in that way. To find the cause of the quarrel, she must go back to the very beginning. What was it that caused the first remark that eventually led to the unpleasantness? She may be able to put her finger on some very inconsiderate remark of her husband's; but was she not too hasty in interpreting it in the most unkind way? May it not have been that he meant it very differently from the way in which it sounded in her ears? Suppose, instead of flaring up at his apparent unkindness, she had had enough self-control to smile up into his face and say, jocosely, "Well, now, just how do you mean that?" If she had given the poor, blundering, masculine creature a chance, he might have been able to show her that, back of it all, was a sincere desire for her happiness, or for their mutual benefit; but, of course, when she took it in the wrong way, he wasn't going to back down from his original position. And so they went on, making a bad matter worse, until the final crash came.

Now, what are they going to do about it? She has gone to her room, thrown herself upon her bed, and given way to a flood of weeping. He went around down stairs for a while, hoping that she would reappear, and then slammed his way out of the house and went back down to the

office, for he was too proud to go to the club and let others see that married life was not all a bed of roses, as he had pictured it.

Somebody has to take the first step toward a reconciliation. Who should it be?

The most important thing about a quarrel is the making-up afterwards. The sooner that can be brought about, of course, the better.

Let not any two young people think, in the stubbornness of their pride, that they can come together at their next time of meeting and ignore what has just taken place. They sometimes try to meet on the basis of cold formality, and some of them may succeed in putting it over, but it is a most disastrous procedure. The quarrel, which, if properly gone over together, might have drawn them into closer harmony and a better understanding of each other, remains a sore spot in the heart of each; the poisonous sting of the heartless words spoken in the heat of the controversy continues to do its deadly work. They have laid the first stone of a barrier which some day will be found to separate them irrevocably.

It is always hard to take the first step toward a reconciliation, but the two young people should know that the one who is able to take the first step has the advantage. It makes no difference which one was the most to blame in the beginning. Tacitly to admit your share of the blame by saying, "Will you forgive me," is to call forth an overflowing love which is the sweetest possible recompense for the effort which may be involved.

Individual differences are of very little consequence. The great eternal fact of a true and sincere love can be made to drown them all.

The serious differences arise when one or the other nurses a grievance for a long time without giving expression to it. There is a feeling in the atmosphere which indicates that things are not as they should be, and yet nothing is apparent on the surface. There seems to be a cloud hanging over the home. An occasional grouchy remark may be explained away on the basis of business worries, whereas in reality it is the expression of a hidden grievance. This is a serious condition and especially trying for the one who has no definite knowledge of it, and yet suffers from its presence. This brooding over a fancied wrong is the product of an unfortunate disposition which lacks confidence in another's love and sincerity, and it is this lack of faith which makes the life of the two together so difficult. Many times the innocent victim of this brooding disposition is obliged to provoke a quarrel in order to find out what the real trouble is. After the explanation, the air is cleared for the time being, and happiness reigns. But, in time, the poison again shows itself.

The person who is afflicted with this sort of a disposition should make every possible effort to overcome it, and should enlist the heartfelt and understanding co-operation of the other member of the life partnership. Such an individual should never allow the least little incident that causes

the slightest feeling of unhappiness to lodge in the mind and remain there unexplained. Every such little matter should be taken at once to the wife or husband, as the case may be, with the words, "I'm sure you don't mean anything, but such and such a thing has hurt me. Won't you explain just how you meant it?" The free and frank discussion which will follow will serve to bind the two into a close harmony of mutual confidence and trust, and little by little the unfortunate tendency may be overcome.

One way to avoid quarrels is for husband and wife to learn when not to speak upon troublesome or trying matters. If the husband is going through a business crisis, the wife who is wise will put her personal preferences out of sight for the time being, and bring to him as little of the annoying details of daily life as possible. On the other hand, husbands should also remember that there are periods when the wife is not entirely herself. There comes a period each month when she is more or less under the weather and inclined to feel a little cross and irritable, and especially unduly sensitive. This is the time for the husband to give full expression to his love and appreciation, reserving all words of criticism for a time when she is more strong in spirit to receive them. Pregnancy is another period during which the husband will need to exercise unusual consideration. On the other hand, the wife should not feel during pregnancy that she has a right to give full and unrestrained expres-

sion to her disagreeable feelings. She must remember that the little new life needs a harmonious atmosphere in which to develop.

Above all, neither one should attempt to domineer over the other. Each should look upon the other as a human being who has human rights to be observed and regarded. Neither one of the two is expected, in this day and generation, absolutely to give up his or her individuality on entering into the married state. Life will be much richer and more satisfactory with two distinct individualities whch have learned to adapt themselves to each other, than where one has become a washed-out replica of the dominant personality.

Quarreling is too serious a thing for young people ever to indulge in it as a pastime. In the first excess of devotion they are in danger of thinking it sometimes amusing to pretend to be hurt over some little occurrence. It is, in the first place, merely pretense, but, before they know it, simply assuming the air of an aggrieved individual eventually brings the feeling itself into existence. Or, it may be, the two start "knocking each other," as the slang phrase goes, purely in fun, and before they know it find themselves in a truly acrimonious exchange of uncomplimentary phrases.

Love is too precious a thing ever to be treated in any other way than the most reverential. While humor is a great essential to success in life, and especially in married life, it must be humor of the right sort.

CHAPTER XXXV

Jealousy—the Green-Eyed Guardian of Honor

JEALOUSY is generally portrayed to us as a terrible demon who takes possession of the unfortunate individual, wrecking life and home and happiness in a manner that might almost be called insane. This is without doubt jealousy in the abnormal, but we must remember that, like everything else, jealousy has its normal as well as its abnormal aspect.

We say, for example, that a man is jealous of his reputation, meaning, that he holds it in such regard that he will go to any extreme to protect it from injury. We hear, also, of a mother who is jealous for the good name of her daughter, and in both instances we recognize the jealousy as being normal and proper.

Turning to the dictionary we may find additional light upon the subject. Here we learn that the word "jealousy" comes from exactly the same root as zealous, which conveys the idea of ardor, enthusiastic devotion, either to a cause or to a person.

Jealousy, then, in its normal form, would mean the state of being ardently and anxiously suspicious, vigilant in guarding, watchful. Only in the abnormal could it be considered as being distrustful as to the fidelity of wife, husband

or lover, or revengeful on account of fickle treatment or slighted love.

It is right for the husband to be jealous of the good name of his wife, for the wife to be jealous of the reputation of her husband. They are mutual guardians of each other, and in that relationship can be of incalculable benefit to each other. The wife, for example, may not realize that her care-free, playful manner of meeting her men friends may lead to censure on the part of those who do not understand her. She has been a good comrade to these masculine friends, it may be for years before her marriage, and she sees no harm in continuing the friendly relation. Her husband may agree with her in principle, but, being jealous for her good name, he realizes that it is necessary to take into account to some degree the possible misunderstandings of other people. It is not because he lacks confidence in her love for him that he speaks the wise word of admonition to her, but simply in order that she may not allow her good name to be evilly spoken of by those who do not understand. Such words of careful warning from a devoted husband should be given careful attention by an appreciative wife.

On the other hand, many men, with the best of intentions, are more or less prone to allow themselves little liberties, now that they are safely married, with some of the younger girls, it may be. They have nothing but the kindest intentions in their hearts, and they are not in the slightest

degree untrue to their wives. Yet, properly jealous of their reputations, their wives may be justified in calling to their attention the unwisdom of such behavior.

There is another aspect of this matter, which it is also well to take into consideration. The young wife, for example, may perceive at once the danger to young girls which come from allowing these little liberties to any man. It is a letting down of the barriers which form the young girl's greatest safeguard. Not only so, but it may result in arousing in her a feeling of admiration for this older man which she may consider to be love, and which may ultimately place them both in a very dangerous position. At any rate, it is not fair to her to have her feelings aroused by one who cannot return them; and so, for the sake of the girl, the wife should make plain to her husband the wrongness of his course.

The same is equally true of the wife. Her free and easy ways may stir some young man's heart and bring to him suffering which he does not deserve. As the guardian of her honor, her husband has a right to exercise the prerogative of a normal and unselfish jealousy and warn her of the dangers which he sees about her.

Without any doubt, this feeling of jealousy has been implanted in the human heart as an aid to the maintenance of the integrity of the home. The human race has learned that the greatest good to the greatest number comes through the monogamous marriage, and the instinct of jeal-

ousy has doubtless been implanted in the human breast as an aid to the maintenance of that standard of life. It is the duty of each to see that no one is allowed to enter the life of the other who will draw him or her away from the pathway of complete devotion to home and family.

This does not mean, however, that jealousy should be allowed to assume undue proportions. The husband whose suspicious nature is so highly developed that he cannot see his wife speak casually with another man without being driven into a rage is in an abnormal state which he should overcome. His extreme proneness to distrust her would cause a careful observer to be suspicious of him. It is the one who himself is untrue who is always suspecting falsity in others. If he is hiding some of his actions from her, it is natural that he should suspect that she is being equally deceitful with him. The wife who is under the dominance of an abnormally jealous man should be aware of this fact, because this knowledge may prove to be her only weapon of defense in his unjust attacks. Let her turn upon him with the pertinent query, "What have you done that you should be so suspicious of me?"

Abnormal jealousy on the part of the wife would probably be an indication of similar deceitfulness on her part. Abnormal jealousy makes life a hell upon earth for both husband and wife, and as soon as it raises its head it should be

scotched at once. If allowed to develop, it will eventually wreck the home.

There should be enough mutual confidence so that both husband and wife may have pleasing friendships among those of the opposite sex, while at the same time the normal expression of jealousy will serve to protect them from any unwise intimacies.

It is true that, if men and women are associated intimately together for a good deal of time, there is a danger that the fundamental attraction between the sexes may make itself felt, and interfere more or less seriously with their home relationships. For this reason, it is well for each to listen with consideration to the husband or wife who sees that such a serious result is likely to develop. Even though the one involved is not able to see at the time how dangerous the situation really is, nevertheless true love will lead to a generous sacrifice of the friendship in order to save a loving heart the least bit of uneasiness.

We must realize that the love of the sexes is a very practical matter with a definite purpose, namely, the perpetuation of the life of the race. Marital unions must be made permanent for the sake of the children, and jealousy is one of the attributes of human nature which has this for its end and aim. In its rightful place, therefore, when properly controlled and directed, jealousy may well be considered as the guardian of family honor.

CHAPTER XXXVI

When "The Other Woman" Appears

IT sometimes becomes necessary for the wife to consider the question of the "other woman." Of course, it is quite possible for an apprehensive woman to think she perceives a rival upon the horizon when there is nothing more there than the product of her own fancy.

It is most unfortunate for the wife to get into the habit of nagging her husband about his woman friends, continually suggesting to him by her fears that she has no faith in his constancy, or in her own powers to hold his love. We often bring to us by our fears that which we dread.

Again, by endeavoring to hold her husband too much under her control, the wife may drive him to extremes simply through a desire to achieve an approximation to personal freedom. There may have been no intention of being untrue to her, but simply the human being's natural desire for a normal amount of freedom.

The wife must not permit herself to get into a frame of mind calculated to produce any of these undesirable conditions. On the other hand, it is not amiss for her to exercise a little wise supervision over her husbands' friendships in order that she may prevent his drifting into an intimacy which may eventuate in a situation

difficult for all involved. Tactfully she may be able to make her husband see the dangerous position in which he has placed himself, and so avert what might prove to be a calamity for all concerned.

Suppose, however, she has made all of these efforts, and they have proven fruitless. She finds her husband growing more and more enamoured of another woman, and herself apparently helpless to avert the threatened catastrophe. What is she to do?

I heard of one woman in such a situation who, with a courage born, it may be, of despair, did a most unusual thing. She invited her apparently successful, but unsuspicious, rival to spend a week or two in her home. The other woman came prepared to enjoy the attention from the husband to which she had been accustomed. The wife, with an unusual appreciation of the nauseating effects of an overdose, proceeded to throw the two together so persistently that the man was finally repelled by the cloying sweetness of the woman, who had not learned to make allowances for the personal idiosyncrasies which crop out in daily life. Before the visit was over he was appealing to his wife to free him from the presence of this creature who, as he had begun to feel, fairly fawned upon him.

In this instance, the wife was successful in her strategy. Of course, such might not always be the case. At any rate, she stood a fair chance of success, because she did not allow her-

self to lose her self-control and waste her energy in tears and moans and despairing cries. The woman who will keep her wits about her stands a pretty fair chance of winning.

Frequently success is achieved through the wife's coming to realize that she has really been neglecting her husband through her desire to do everything possible for the children. In other words, she realizes that hers as been the great mistake and she sets about retrieving it. Instead of appearing always in wrapper and curl papers in the morning hours, she makes an effort to come to the breakfast table looking trim and neat, with an air of good-fellowship instead of one of careworn anxiety. It is not easy, to be sure, when one has been up with the babies during the night, but it pays in the long run. She may even learn the advisability of taking a nap in the afternoon in order to appear bright and entertaining at the evening meal. She can take a rest during the day, as a rule, if she but makes up her mind to do so, and the evening hours will be much more enjoyable if one of the pair is not overtired. The husband will feel rested at once when he comes into his wife's presence, if her nerves are calm and her words of greeting cheerful.

Every domestic triangle cannot be dealt with by attention to these little details, but in many instances they have proven to be important aids to success.

A wife must be very careful not to accuse

her husband of unfaithfulness on insufficient grounds. For example, if he is a minister, a doctor, a dentist, or a lawyer, she must make allowances for the difficulties of his calling. In each of these professions there are many opportunities for designing women to take advantage of the man with whom they come in contact. That there are designing women in the world we must admit; and, instead of turning her husband over to them by her readiness to believe him guilty, the wife must be ready to defend him from their wiles by the use of her woman's wits.

Designing women, silly women, love-sick women call men up on the phone repeatedly, write them sentimental letters, waylay them in their offices, on street corners and in the most unheard-of places, in an effort to satisfy their own vanity or love of romance, or for the purpose of carrying out thoroughly wicked designs. Under these circumstances, men need the protection of their wives, and the wives should be ready to give it.

There have been instances in which a man's downfall has been plotted by his professional rivals and an unscrupulous woman utilized to further their ends. The wife who refuses to listen to her husband under such circumstances simply plays into the hands of his enemies, and it may be, through the lack of that understanding which accompanies true love, wrecks his life and hers.

Sometimes he may even be guilty of tempor-

ary unfaithfulness, and while it may seem to her that for the time being her faith in him is utterly dead, if he is sincerely repentant and she feels in her heart that she still loves him, she should realize that forgiveness is divine, and that there has often been built up upon what has appeared to be the wreck of a marriage a truer, more intimate and more lasting union than would ever have been possible without that sad, yet binding, experience. The suffering that comes to the man through his humiliating discovery of his own weakness, and the reverence that he feels for his wife's generosity, will often bring to his heart a truer comprehension of her real worth than he ever had before, and she may find that the thing that threatened to take her husband from her has but served to make him more than ever her lover.

But what if the new love that has come into his life seems to be the real love? What then? This is indeed a sad situation for the wife, and one to which each individual must find her own solution. While she is going through the terrible testing time that must accompany this discovery, she can find no better solution than in John Burroughs' poem entitled "Waiting." Let her constantly remind herself in the words of the poet, "Nor time, nor space, nor deep, nor height can take *my own* away from me," realizing that, if this man is her own, nothing can deprive her of him. If he is not hers, she does not really, in her heart of hearts, want him.

CHAPTER XXXVII

The Erring Husband

A STILL greater problem is presented to the wife who discovers that her husband has been unfaithful to her.

We are apt to feel that there can be no degrees of comparison in unfaithfulness. One act of infidelity seems as great an outrage as a long period of unfaithfulness. In reality, there may be a great difference. The man who is carried away by the passion of a moment, but whose real, underlying desire is to be true and faithful, is a very different being from the one who permits himself to remain in a state of infidelity. The one act may be but the result of an overwhelming impulse which sweeps the individual away from his moorings for the time being. As soon as reason regains her throne, however, he returns once more to his allegiance. The other seems to lack the very essentials of loyalty.

Of course, the wife whose husband has momentarily transgressed may say that he had no right to allow himself to be placed in a position where he could be so tempted, and to a certain degree she is right. Yet women should take into account the designing actions of other women, the way in which they many times throw themselves into the path of some man who has attracted them, and artfully draw him into a net

before he has become aware of their real purpose. For this he is more to be pitied than blamed, and his wife should be the first one to realize his helplessness in the hands of a designing female.

It will be apparent from these remarks that I do not feel it the wife's duty immediately to repudiate her husband upon the discovery that he has been unfaithful to her. Let her first learn what the real state of his heart is. Suppose he has become temporarily enamoured of another woman, even to the point of unfaithfulness; does that mean that he has no love in his heart for his wife? Has he considered what it would mean to him to be deprived of wife and home and children, and is he ready to sacrifice it all for what seems to him to be another's love? These are questions to which she should know the answer before she decides upon her course of action.

A wife who feels herself outraged in her tenderest, holiest thoughts and emotions by such an act on the part of her husband is tempted to give way to violent denunciation. This can have but one consequence, and that a complete disruption of the home. In after years she may look back upon that scene and wish that she had met the great crisis of her life in a different frame of mind. She may realize then that life still holds much for two people who have been able to pass through such a crisis successfully. She may even be able to see that part of the blame rested upon her own shoulders.

It is difficult indeed for the one who is wronged to feel that she can, by any stretch of the imagination, be made to share in the blame. She has been faithful and true. She has worked from morning till night with but one thought in her mind—or so she thinks—and that the welfare and happiness of husband and children. But a little deeper analysis may show her that, in some way, she failed to bring to her husband the companionship, the complete understanding which he longed for, and that this was the reason he fell an easy victim to another woman's wiles.

It is true that a man will not turn to another woman so long as he devotedly loves his wife. It is only when a feeling of loneliness has begun to come over him, when he feels a sense of emptiness in his life, that he allows himself to be first amused, then attracted, and finally, it may be, overcome by the fascinating and flattering ways of some other woman.

It would be well, therefore, if the wronged wife would hold her judgment in abeyance when she first learns of the tragic situation in which she has been placed. Let her ask herself why she has failed to hold her husband's affection, and honestly and searchingly scrutinize the past, dealing with herself as unmercifully as she would deal with another. How has it come about that she has ceased to be attractive to him? Has her thought been centered too much upon herself, or her babies? Has she neglected her personal appearance, or failed to take a genuine interest

in the things that interested him? Allowed herself to become cross and peevish and irritable? Refused to join him in the recreations which he craved and needed, and so contributed toward making life such a dull, drab affair that his spirit revolted and turned to other sources of pleasure?

It may be that the marriage relation between them has been unsatisfactory. The wife has found it impossible to respond to her husband's ardent advances. She may have resigned herself in what she considered wifely submission; but such a one-sided relationship is inevitably unsatisfactory. She has offered but the husks, and his soul has remained unsatisfied. Unless some basis can be found for mutual satisfaction in this relationship, the marriage is bound to be more or less of a failure.

All this is not meant as an excuse for unfaithfulness in husbands. A man has no more right to be untrue to the marriage vow than has his wife. She has a right to resent his unfaithfulness, and even, if she so desires, to seek a complete separation from him, because of his infidelity. Sometimes this may be the only way out of an impossible situation. There are other times, however, when the wife will make a great mistake if she seeks thus to redress her wrongs. Where love is strong enough and big enough truly to forgive, it is possible to build up a new relationship and sometimes a completer under-

standing when such a situation has been bravely faced and overcome.

Let the wife count the cost well, however, before she definitely decides to take the step toward reconciliation. If she does not feel assured that she can put all of these things behind her, and never refer to them in any way which will humiliate the husband, it would be better to end the situation at once. Many times an attempt is made at forgiveness without a true understanding of the depth of the magnanimity implied by that word. The woman who in after years reminds her husband that she has overlooked his unfaithfulness in the past, does not begin to understand its meaning. Furthermore, if she is going to live in a continual state of apprehension lest he prove unfaithful again, she ought not to attempt the role of a forgiving wife.

It has been said that to understand all is to forgive all. The saying is equally true when reversed. If she wants to forgive, the wife must come to understand not only the possibility of a temporary weakness, but the loyalty and strength of the love for her which may nevertheless be the underlying fact of her husband's life. In that knowledge her faith may rest secure. This is her golden opportunity to prove the intensity and loyalty of her love for her husband, and, by so doing, it may be, to make of him such a man as he would never have been otherwise.

When the husband is guilty of repeated acts

of infidelity the wife finds herself in a different and a very difficult situation. Here is a man who is apparently incapable of faithfulness. Is it her place to forgive his repeated offences and receive him always with open arms whenever he feels impelled to return to her? Is she doing him any real good by so doing? Are there children in the home, and under what conditions are they being brought up?

Many a wife, with the idea that it is her place to forgive, receives her erring husband when he returns, only to discover that her leniency has proven to be an encouragement to him in wrongdoing and has almost lost her the respect of her children. For example, I know of one woman who took this attitude toward her erring husband until her sons had reached the age of understanding—about fifteen and seventeen years of age—when they turned upon her one day and informed her that if she allowed that drunken reprobate, her husband, to continue to come into her home they would go somewhere else. It seemed a bitter thing for children to say, but it brought her to a realization that, if she would retain the respect of her children, she must cease to allow herself to be used as a convenience by one who was utterly unworthy of her and of them.

Mothers must not forget that children are influenced by the moral atmosphere of those in the home. A man who is living a life of unfaithfulness sends forth an atmosphere of deceitfulness

and sensuality which cannot but be most detrimental to the impressionable souls of little children.

Not only may it be necessary for the wife to separate herself from the erring husband for her own sake and the sake of her children, but his welfare also may demand it. It may be the only thing which will cause him to pause and ponder upon the path which he is pursuing. It may serve to bring him to his senses, so that, whether their lives are rejoined or not, he will master himself to the degree of being faithful to someone, and thus he will really be benefited by the separation.

The question as to what should be done when unfaithfulness has been discovered, therefore, is one which can be answered only by those who are involved, and the right solution can be found only by considering the welfare of all concerned. This much may be said, however, for the guidance of all under such unhappy circumstances, that what is really best for one will be found to be best for all concerned.

CHAPTER XXXVIII

When Love Seems Dead

THE wife who has determined to overlook her husband's unfaithfulness has a greater task to perform than she may at first realize. Not only must she be willing to forgive and forget, but she must make the effort to revive a love that apparently has died. It may only be sleeping, but nevertheless it will take some effort on her part to draw it forth into active expression.

Equally difficult is the task of her whose husband, without having reached the point of actual unfaithfulness, has nevertheless given unmistakable evidence of having, at least for the time being, lost the ardor of devotion which filled life with happiness in the early days of marriage. What can the wife do under these circumstances?

When we learn that someone no longer loves us, we are inclined to blame the other individual. We wring our hands and moan, "He no longer loves me," and a feeling of resentment rises up in our hearts. We forget that love cannot be forced. It is impossible to love another by an effort of the will. A sense of duty never brought love.

The more I study the matter, the more thoroughly convinced do I become that the one who loves is, if we may so phrase it, the passive fac-

tor, being acted upon by the attributes and personality of the one who is loved. If the love fails, it is because the recipient has in some way not succeeded in persistently drawing it forth.

To the neglected ones this may seem a hard statement, yet in reality it contains within it the germ of a great hope. If the cause of the failing love lies within themselves, then in their power rests the possibility of its revival.

The best way to discover how to arouse love in another is to analyze one's own feelings, and learn what it is that arouses the glow of love within one's own heart. The spark is generally kindled by admiration in some form or another. It may be admiration for a face or a figure which seems to express admirable attributes. It may be for qualities of soul, such as generosity, kindness, thoughtfulness and the like. We all respond immediately to words of appreciation. They bring a warm glow to our hearts and make us feel that here is someone who really understands us; we instinctively open our hearts to such individuals.

Let no one think that a pretense to these qualities can arouse love. Those who say flattering things which they do not mean very soon betray their own insincerity, and thereafter their words have but little weight. A sincere interest in another shows itself in many subtle ways that cannot be imitated; where these are lacking, the imitation stands revealed.

In the case where the wife has to revive the

dead love of an erring husband, her first step in that direction will be a magnanimous forgiving and a complete forgetting of his past transgressions. Then let her try to understand something of the soul anguish which he is in all probability enduring. There is no harder experience for the human soul than passing through the Valley of Humiliation, and there is no more humiliating experience than the discovery of one's own weakness. Having another learn of one's wrong-doing is not so keen an anguish to the sensitive soul as is the realization of one's own unworthiness.

If the wife realizes all this, she will have something of an understanding of what may be passing through her husband's mind when he sits of an evening gazing moodily into the open fire, or watching her at her bit of sewing, and saying never a word. She may be tempted to think that he has, in familiar phraseology, "got a grouch;" and, of course, if she approaches him on that basis, she will but drive him farther from her. If, however, she truly comprehends his suffering and, it may be, puts down her work to steal behind his chair, put her arms about his neck and murmur softly in his ear, "Don't feel so badly about it all, my darling; let's forget it and be happy in each other's love," she will stir in his heart a feeling of gratitude and a faith in her comprehension of him which will go a long way toward reviving love that he had thought was dead.

Many will feel, of course, that he should be thinking of her suffering, and she may be tempted to let the same feeling take possession of her. This is a time, however, when she cannot afford to think of herself and what may be due her. That can come later, when the dead love has really been revived. Just now she has but one important thing in hand, and that is to reawaken the feeling of devotion and ardent love. She can do it, if she will but try, and she should let nothing interfere. This is a time when she can afford to neglect her children a little, in order to devote herself more completely to her great undertaking. When her husband finally discovers that there is no trace of resentment in her feeling toward him, no least fear of any further transgression on his part, nothing but a sincere and self-forgetful devotion to his happiness, then at last he will begin to know what real love is and in that knowledge his own love will grow far beyond anything which he has heretofore experienced.

It is not an easy task which the wife has before her, but it is one worthy of her greatest effort. Let her not hesitate to study unsparingly her own mistakes of the past, knowing that thus only will she find the real secret of success in the present.

CHAPTER XXXIX

The Divorce Problem

BY many, divorce is considered an unmitigated evil. The experience of the human race, however, seems to prove that there may be a right and a wrong use of it, as of everything else.

One of the first and most essential steps toward the solution of the divorce problem is a better understanding of marriage, both as to its physiological basis and its demand for mental companionship and spiritual harmony.

If our children were taught from their earliest years the sacred responsibilities that come with marriage, there would not be so many hasty and ill-considered unions which must inevitably, in so many instances, result in ultimate separation. When physical fitness is properly considered before marriage, the divorce courts will be relieved of a certain proportion of their cases, and when the principle of self-control in sex matters is inculcated in early childhood, there will be fewer cases of marital infidelity. Thus, by putting the proper safeguards around marriage, we can readily see how the number of divorces may be materially reduced. On the other hand, until the human race has attained to perfection there seems little likelihood that we will reach the point where divorce will not have to be considered.

We read in the Bible that "they twain shall

be one;" and we forget that this is a prophecy and not a statement of achievement. As soon as the marriage ceremony is performed we look upon the contracting parties as already one. In reality, they have simply begun to try to become united in a common life. If they do eventually merge their individualities into a common existence, they are truly married. If, however, as the years go by, instead of growing together, they grow farther and farther apart, their state cannot truly be called that of marriage. Under these circumstances, it would seem as though divorce were but the outward expression of a state which already existed in the inner reality. These two are not one; they are two, separate and distinct. If they find it impossible longer to maintain a semblance of unity, their seeking relief in the divorce courts should not be looked upon as disgraceful.

This is not intended as an argument for frequent divorce and promiscuity of relations. Divorce must ever be a confession of failure, and no one likes to proclaim himself to the world as a failure in any line.

In some of our States the idea still prevails that only for the one cause of unfaithfulness should divorce be granted. We see the effect of the law in the fact that when conditions have become unbearable, one or the other of an unhappy wedded pair will give cause for divorce, choosing to bear the stigma of wrong-doing rather than longer endure marital unhappiness. This puts

an unnecessary burden of shame upon the children, who must share, to a degree, in the disgrace of the parents.

Another undesirable result of the law which allows only unfaithfulness as a cause of divorce is the publication in our daily papers of the unsavory details of such cases, making young, developing minds more or less familiar with matters which should be kept from the public gaze.

There are those who would urge the unhappily married to endure to the bitter end, and, in many cases, it may be better for them so to do, especially if there is no marked inharmony between them. Discontent with one's present partner may be very largely a matter of mental attitude which can be changed through a better understanding of life and a deeper insight into character. Where two temperaments clash, however, in such a way that there is constant bickering and quarreling, surely it were better for all concerned that the two should be relieved of a relationship which works such severe detriment to all concerned. In such a case as this the plea that the two shall remain together for the sake of their children has little weight, for it cannot be considered desirable for souls to develop in such an acrimonious atmosphere. Better that the children should be deprived for a part of the time of the presence of one parent or of the other, if thereby it may be made possible for them to grow up in an atmosphere of harmony.

It is without doubt a great mistake, however, for two young people to rush to the courts as soon as they find themselves a little dissatisfied with each other. Divorce should come only at the end of a long effort to overcome the tragic situation. If the two concerned could have a series of frank talks together, they might come to an understanding of each other's mental condition, and so discover a way of composing their difficulties. Thus many an action might be avoided.

There is little doubt in my mind that one of the most potent causes for unhappiness in marriage lies in the idea of possession. In the early days of courtship, it sounds beautiful to have the beloved reiterate, "You are mine, you are mine." In marriage, however, that sentiment often takes a form which might well be expressed in the words: "Now you are mine; I can do anything I choose and you have to put up with it."

It has sometimes been suggested that if our marriage laws were different, many a man would be restrained from cruelty and neglect by the knowledge that such actions might cause the breaking-up of his home, and there seems to be an element of truth in such a statement. We can at any rate teach our young people that this idea of the possession of another individual is wrong. Lovers and married persons possess each other only in the sense that they have the right to serve each other in the most intimate ways. So long as that idea of possession is held, there

will be happiness in the marriage relation, and divorces will be relegated to the outer limbo of the unnecessary.

There is one important consideration which may well be urged upon those who, having children, yet feel that they can no longer remain together. For the sake of the little ones they should endeavor to take as generous an attitude toward each other as possible. Nothing should ever be said by the one which would in the least degree change the attitude of the child toward the other. In their management of the children's lives, they should endeavor to be as harmonious as possible. For nothing is more detrimental to little, unfolding souls than accusations of wrong-doing between their parents, and a continued unsettling of their lives through the changing exactions of father and mother.

Whatever their differences along other lines may be, let the separated couple endeavor, as far as possible, to be one in the guidance of the lives of their offspring. There is no reason why persons so placed should be deadly enemies, or even unkind critics. Let them in their separation endeavor to be kind and just to each other, and so prove that divorce has been used by them, not as a means of retaliation, but rather as the only remedy for a situation which was rendering them unfit for their work in the world.

When we take into account the fact that the intimate relationship of marriage is only justified where a great love draws two individuals into

spiritual unity, we must also realize how wrong it is to keep them chained together when a force the very opposite of affection is driving their spirits apart. What must be the inharmonious condition of human beings who come into being under such circumstances? They are called into existence, not by the love of their parents for each other, but by that base counterfeit of love which we call lust. They must necessarily be at odds with themselves. Their souls will feel the discord in which they were born throughout life, and they may be unable ever to adjust themselves to life in such a way as to find happiness. Surely, for the sake of the children who may come into the world, it were better for two such people to separate and remain apart forever more.

There are those who maintain that, while it may be right to allow two individuals who are no longer one in heart to separate, they should not be permitted to remarry. This, again, seems an unnecessary cruelty. Should we condemn human beings to lifelong loneliness, because, it may be through no fault of their own, they failed in the first instance to find a satisfactory marital companion? It is not good for man or woman to live alone. Human beings need homes and companionship. They can do better work in the world under such conditions, and while society may well frown upon those who divorce and remarry with reprehensible ease and frequency, nevertheless it should not put the ban upon those

who, with the purest motives in the world, find themselves facing the problem of marriage after divorce.

After all, marriage is a human-made contract. It has developed as the result of many generations of experience on the part of the human race. It is quite possible that it may be modified in the years that are to come, as humanity comes into a better understanding of itself and its need; of this much we may rest assured:—where the divine power has drawn two souls together in a real soul-unity, they cannot be separated by any outward circumstances.

CHAPTER XL

The Unsatisfactory Husband

IT sometimes happens that a wife will discover after marriage that she has a husband who is physically unable to enter into the marriage relation. Probably the majority of women are not aware that it is necessary for the sex organs of a man to respond actively to a nerve stimulation, in order that he may be able to perform his part in the marriage relation. If for any reason this stimulation fails to receive a proper response, so that the external organs are properly energized, the relationship becomes a physical impossibility.

This debilitated condition is what is meant by loss of manhood, and it comes as the result of excesses in one form or another. Every young man should know that he has no right to marry when he is in this weakened and abnormal physical condition. Unfortunately, however, men are not taught this. In fact, too often their physicians will advise marriage as a last resort in their effort to cure a condition of partial impotence. This, of course, is absolutely unjust to the woman whose welfare and happiness are not at all considered by a physician who gives such advice. So unfair is it, that it is recognized by law as an unquestionable cause for divorce, or

rather for annulment of the marriage. For where marriage cannot be consummated, it is not considered a marriage. The woman who has been led into such a union is looked upon as having been deceived and defrauded, and has therefore a right to seek redress in the courts.

It is necessary to make these statements for the protection of unsuspecting women who, finding themselves in this sad situation, may think that they are bound for life. Not only that, but they may be called upon by the unfortunate creature whom they have married to permit unnatural practices, which he may hope will result in stimulating nerves that have refused to respond to the normal stimulation. Wives have sometimes submitted to this sort of thing because they thought it was their duty. They should realize, however, in the first place, that they are absolutely under no obligation whatsoever to permit these things; and, in the second place, that all such unnatural practices are rendering more serious the condition of the poor creature who has recourse to them as a last resort.

It must be understood that while this condition may be the result of a permanent debilitated state known as loss of manhood, it is not necessarily so. It may be simply a temporary condition, due, possibly, to the nervousness of the young husband at his entrance upon a new experience. It would not be well for the young wife to jump to the conclusion that this condition on the part

of her husband is necessarily a chronic one. Rather should she encourage both him and herself to believe that it is a temporary condition, which a little patience and understanding on the part of both of them will enable them to overcome.

Sometimes this nervousness expresses itself in a condition which is called prematurity. That is to say, the orgasm which should be the culmination of the marriage relation, and which results in the ejaculation of the semen, may come at the very beginning, sometimes even before the physical relationship has been completely established. This state of affairs leaves the wife in an unsatisfied condition, which may, in the long run, prove very distressing to her physically.

Husbands do not always understand that the woman's nature responds more or less slowly to sex stimulation. Often the husband will receive physical satisfaction before the wife has reached that point, and he will therefore culminate the relationship at a time when the wife is still unsatisfied. This, of course, is unfortunate for both concerned, but especially so for the wife. She should not hesitate, therefore, to explain this matter to her husband, in order that they may endeavor to establish their relationship upon a basis which shall be mutually satisfactory.

If this condition of prematurity continues, it may be necessary for them to make a study of the subject to see if they can learn how it may be overcome. It may be necessary for the husband

to go through a period of strict adherence to the laws of health as regards exercise, cold bathing, and so forth, and especially to get a thorough control over his imagination.

This condition is frequently the result of an erotic imagination, so that every least suggestion of anything connected with the sex life causes undue activity of the reproductive system. Such an individual must learn, first of all, to think of sex as something dignified and worthy of his respect and reverence, not as a source of his personal gratification. If he will read uplifting literature upon the subject of sex, so that he comes to understand it as the great, life-giving force of the universe, to which the human race owes its greatest blessings, he may be able to purify his mind from the abnormal thoughts that have dwelt there, and eventually come into a normal condition of manhood which will enable him to give his wife the gratification which her sex nature needs.

The wife who truly wishes to bring a complete recovery to her husband must endeavor, by every means in her power, to bring him to a state of willingness to restore his own health by natural methods. In a great many cases, the condition is not so serious that it may be looked upon as hopeless. While an immediate cure cannot be expected for a condition which probably has been years in developing, nevertheless it is known that a conscientious attention to the laws of health will bring about remarkable results in

a comparatively short space of time. Six months of careful adherence to the rules of health will often bring a marked improvement.

There are various ways in which this condition of impotence may have been brought about. Probably the most frequent is through the habit known as masturbation, or self-abuse. Because of the cloud of ignorance which has shrouded the subject of sex for so many generations, the majority of children are still growing up without any authoritative knowledge upon this very important side of their own natures. Their parents are afraid to talk with them upon this subject, and leave them to pick up their information from chance acquaintances, which too often means the acquisition of many perverted ideas. The general impression given them is that the sex powers are intended as a source of gratification, and that the knowing ones of the world use them for this purpose. Very early in life, boys—and girls, too—may be initiated into the sensations which may be aroused by the undue handling of the sex organs, and in time the desire for these sensations may become a dominating impulse and eventually grow into an overpowering habit. The victim of this habit is a most pitiable creature, for even though he may come to know how destructive is its effect upon his physical, mental and moral being, he seems many times to be almost powerless to overcome it. This is especially true where he has been allowed to re-

main in ignorance for years, until the habit has become thoroughly established.

Much that has been written in the past upon this habit was exaggerated. Some physicians at the present time are endeavoring to offset that exaggeration by going to the other extreme, and maintaining that, because this temptation comes to almost every child, it is practically a normal experience. That, of course, is as false as the exaggerations. It may be a natural temptation, but the indulgence in this habit cannot rightfully be called normal. It is an abnormal manifestation of an unduly aroused sex consciousness.

When a young man has been struggling for months, it may be years, to overcome this habit, frequently his physicians will advise him to marry as his last hope, never stopping to consider the injustice to the woman. Unfortunately, if his habit has been maintained long enough, he may find himself unable to enter into the marriage relation. If his wife truly loves him, however, and wishes to prove what love and devotion can do, she has now an opportunity to help him fight one of the biggest battles of his life, with the result that his manhood may eventually be restored to him and the normal pleasures of family life made possible.

First of all, however, he must make up his mind to make no attempt whatsoever to enter the marriage relation for at least six months. He must put it completely out of his mind, so that there will be no mental unrest for him to con-

tend with. He must also centre his thought and determination upon his ultimate aim, vowing to himself that he will not give up the battle until he has won the victory. He has now the wonderful advantage of a devoted ally who will aid him in every way in her power, and her very presence in his life will be of untold value in helping him to gain a true attitude toward the subject of sex. He realizes now that a normal sex life is one of the greatest blessings in life, that it should be looked upon with reverence, and that all prurient and lascivious thought should be resolutely put aside as unworthy of a self-respecting human being. He will discover that as he refuses to let his mind dwell upon those aspects of sex which in the past were to him a source of degrading pleasure, the impulse to wrong acts will pass away from him. Purity is a matter of thought, first of all. Let a man cleanse his mind and heart, and he will then find it an easy matter to gain the mastery over his body.

He must at the same time, live the most normal sort of life in every particular. Plenty of outdoor air, both night and day, plenty of healthful exercise, simple food, simple pleasures, plenty of sleep, cheerfulness and contentment in the home, all of these things will serve to steady his nerves and give him a normal outlook upon life. Let him follow the regimen suggested in detail in my book, "Manhood and Marriage," and he will be amazed to see how quickly results will follow. Especially advisable is it for him

to avoid all stimulants, such as alcohol or tobacco, tea and coffee, and particularly those drugs which have so deleterious an effect upon the reproductive system.

In all of these efforts the wife can be of inestimable value. She it is who will revive his courage when he feels as though the battle were lost, and will inspire him to continue his struggles, no matter how discouraging the prospect seems. He must not expect to be able to overcome in a few days or weeks that which has been years in building, and she is the one who can give him the necessary patience. If she never loses faith in him, he eventually will come to have the requisite faith in himself, and this period of struggle can be made a means of drawing them closer together. He will learn the priceless value of a woman's faith and courage and persistency, and she will rejoice in knowing how essential she is to her husband's welfare. When at last the victory is won, there will be a mutual rejoicing in the prospect of lifelong happiness that opens out before them.

There are other causes for impotence, however, beside this abnormal habit. Alcohol has been looked upon as a sexual stimulant, but in reality it is most destructive of reproductive integrity in the long run. Some constitutions can stand a great deal more alcoholic stimulation than others, but, although the evil effects may not at first be so apparent, sooner or later their harmfulness will be unmistakably shown. A

great many cases of permanent impotence may be traced to a state of chronic alcoholism. Even the lighter alcoholic beverages will be found ultimately to have a similar effect. These are considered comparatively harmless because of the smaller proportion of alcohol contained in them, but the truth is they are just as likely to do as much harm as the heavier beverages because of the greater quantity consumed. An added disadvantage in the use of beer and wine is the tendency to drink them regularly. The moderate indulgence in alcohol is the very worst form, because it is so continuous. Where the system is allowed to return to a normal condition after an occasional bout of drunkenness less harm is done; but where the body is kept constantly under the domination of this stimulant, the reproductive system is not exempt from its deleterious effect. By some authorities, beer is considered the most injurious of all intoxicants, so far as the sexual function is concerned.

The excessive use of tobacco has a most depressing effect upon the creative powers, and is, in some instances, the main cause of sexual weakness. Tobacco is sometimes prescribed by physicians in attempting to combat a habit like masturbation, because of its depressing effect upon the nerves. Such depression, however, if long continued, might result in a most disastrous condition. No man who values his reproductive vigor would wish to become the victim of tobacco, and certainly one who desires to overcome

any sexual weakness should absolutely abjure the weed.

There are certain drugs which are supposed to be sexually stimulating, but it must be remembered that anything which overstimulates the nerve centres also tends to ultimate depression. For example, morphine and cocaine are supposed to stimulate the sexual centers, and yet we find that those who use these drugs habitually and extensively are almost invariably impotent. There are other drugs which are immediately depressing in their effect upon the generative system, prominent among them being the bromides. These drugs also have been used in many cases to check the tendency toward masturbation, and to excessive night losses. They may actually produce results in such cases, but they do so by paralyzing and destroying the sex function. In other words, they may "cure" masturbation and night losses, but it will be by producing impotence and sexlessness. It will be well for the wife to know that, when the depression of the nerve centres is desirable, it can be secured by means of a prolonged cold pack applied to the spine.

It is necessary for married people to remember that sex excesses, even within the marriage bond, will have a deleterious effect upon both husband and wife. These excesses tend to weaken and destroy virility and bring about a correspondingly weakened condition in the wife.

A temporary condition of sexual weakness

may be brought about through nerve strain, due to a long continued state of worry or mental overwork. When a man is going through a severe business crisis, he may find it impossible for him to enter into the marriage relation, and this may throw him into a still greater panic through the fear that he has lost his virile powers. Here again the wife can be of a great assistance by allaying this unnecessary fear. Let her be absolutely assured, and then transfer this condition of confidence to her husband, that the apparent impotence is simply an indication of a depleted nervous condition. As soon as the strain is removed and the man is able to take a little needed rest, he will find that, as physical recovery sets in, his manly powers will be fully restored to him. Of course this condition can be hastened in its return through healthful living, and especially through a refusal to worry over little things, or even over the big ones. It is worry that kills rather than work. The man who lives a healthful life out of doors, taking daily periods of exercise and securing plenty of sleep, will be able to pass through any sort of crisis without such a loss of power. But if a man allows his business worries to remain with him night and day, losing more and more sleep because of them, he need not be surprised if he suffers a temporary collapse of his sex powers.

It is interesting to note that lack of sufficient work may also be productive of weakened sex powers, the whole body suffering a deterioration

which affects all of the organs. In this condition, also, the mind is apt to dwell too much upon erotic fancies, which, overstimulating the nerves of the sex centers, may result in a condition of partial or complete impotence. Moreover, this sort of a life is also conducive to the accumulation of flesh. Obesity is seldom a favorable sexual indication. The man who carries a moderate amount of fat and is still full of energy, is, of course, as virile as any one need desire. But the man who has accumulated fat through lack of sufficient exercise is generally in a more or less debilitated condition, and that is not conducive to the fullest sex powers.

In other words, the man who keeps strong, active, hearty and vigorous, need have no fear for the loss of his sex powers. It is the man who is too indolent to exercise, who gives himself up to detrimental bodily habits, who allows his mind to wander in forbidden paths of thought, who spends the hours when he should be asleep in social diversions, that need not be surprised if eventually his virility leaves him. In all such cases there is only one way of regaining his virility, and that is by climbing the rugged path of self-denial. Such compensations will come to him, however, as he makes the climb, that, having once attained the heights of full manhood, he will never desire to return to the lower planes of self-indulgence.

CHAPTER XLI

The Frigid Wife

AS unfortunate as the impotent husband is the wife who feels no response within her own being to the relationship of marriage. She then becomes a martyr to what she feels to be her husband's demands, although what he asks of her may not, from the normal standpoint, be excessive. Nor is she the only one to be pitied. The husband also is deprived of the magnetic return which should come to him from his wife when they enter into this relationship. Both, therefore, are in a constantly unsatisfied condition, which will be very likely to lead to quarrels and more or less permanent inharmony. It is quite apropos, therefore, for us to ask the question as to where the cause of this condition may lie.

We may, in the first place, consider it in connection with the previous chapter. If the husband is troubled with prematurity, he may conclude the act without having aroused the passionate side of his wife's nature. She has submitted, but she has not responded, to his approach.

Without doubt, there are many cases of frigidity in wives which could be overcome if the husband knew a little more of the physical and men-

tal make-up of women. With many men the marriage relationship is a purely physical thing. They have learned to look to it for nothing but physical satisfaction, and it has not entered their thought that the case might be entirely different with their wives. To many women, however, the physical relationship of marriage has no attraction save as the expression of an emotional and spiritual condition. If the wife's emotions are not aroused, so that she feels the intensity of her love for her husband to such a degree that she desires above all else to give herself to him, their relationship becomes thoroughly distasteful to her. Not realizing this fact, however, a husband often enters into the sex relationship in too business-like a manner. He spends almost no time in expressions of love embodied in the more tender forms of endearment. His sex nature is already aroused. He does not realize that he needs to woo his wife into acquiescence with his mood. Many times she herself does not know what is the cause of her reluctance and her failure to respond properly, and so they go on in a state of mutual dissatisfaction. If she did know, it might be very easy for her to make him understand the delicate feelings of a woman's heart, so that eventually he would be able to express his love in such ways as to bring her to a full reciprocation of the ardor of his feelings.

Sometimes the obstacle is in the wife's mind, due to mistaken early teaching, which has given her the feeling that this relationship is something

degrading, and, therefore, causes her to shrink from it with all her finer sensibilities. If this is the case, she needs to make a more thorough study of the subject of sex until she comes into a comprehension of the wonderful part it has played in the development of the human race, and so come out of her morbid state of mind into one that is more natural.

By thus working together to their mutual benefit, the frigidity of the wife may be overcome.

It may be discovered, also, that this condition is the result of the use of tea and coffee, or other nerve stimulants, or depressives. Too many women allow themselves to seek refuge from headaches in bromides and other depressing drugs. All of these things will have a deleterious effect upon the reproductive system, and may be partly responsible for her unresponsive state.

Many women in the past seem to have prided themselves upon their lack of all sexual desire. This probably was a reflex from their abnormal attitude toward sex as something unworthy of the human race. It may also have been the result of the unnatural lives led by so many women of a generation or two ago. The young women of today, who frankly rejoice in their physical powers and find their pleasure in many forms of outdoor sports, will find themselves much more normal in this respect also.

Where there is a persistent condition of frigidity, it would be well for the wife to enter upon a thorough course of training, knowing that this

will restore normality through every part of her being. Plenty of outdoor exercise, loose clothing which permits of bodily activity, simple food and plenty of sleep, form the best regimen for her to follow. Sun baths would be particularly heathful for her, and also, possibly, cold sitz baths.

In the majority of instances, however, the obstacle will generally be found to be mental rather than physical, and if the woman really desires to overcome her condition, it will be necessary only for her to bring about a more normal state of mind in herself. She will find then that the right condition of body will ultimately follow.

It will not be amiss for us here to call attention to the fact that her unnatural state may be the result of the same physical habit which causes impotence in men. We do not like to think that our young women may be in danger of forming the habit of masturbation, yet the number of letters which are received from young women asking for help in throwing off the bondage of this habit convinces us that the danger is very real.

Where the habit of masturbation has held long-continued sway over both mind and body, up to the time of marriage, it is quite likely that the condition called frigidity might result. There is no reason, however, why the condition should continue. As has been said, it is more the result of a mental than a physical state, and, with persistent efforts, can easily be overcome.

CHAPTER XLII

Masturbation

IT is difficult for the average individual to realize that girls are at all in danger of acquiring the secret vice known as self-abuse or masturbation. We do so like to think of the feminine half of creation as made of entirely different clay from that used for their counterpart, that we are prone to picture them as utterly free from the temptations and dangers that assail the masculine portion of mankind. There is a certain foundation in fact for this feeling. We know that every cell of the woman's body manifests the characteristics of femininity, and in so far is different from every cell of the man's body. Her impulses and inclinations are different from his, and it is equally true that temptations which assail him with pecular force may not have so great an effect upon her. Taking all of these things into account, however, it is nevertheless true that they are both human beings, with physical impulses and appetites which at least correspond.

We have no opportunity for discovering how strong the spontaneous impulse toward masturbation would be in either sex, because we are not able to bring up our children in entirely ideal surroundings where there would be no outward

suggestion toward that form of sex gratification. Therefore, we have no opportunity for comparing the strength of this impulse in the two sexes. We are obliged simply to accept conditions as they are, and any one who has been made the confidant of any large number of young women is aware of the fact that many of them have had to meet this temptation.

It would be well for us to consider the natural ways in which this habit may be formed in early childhood, in order that we may rid ourselves of an unnecessary amount of condemnation for those who have succumbed. The holy horror which arises in the breasts of some individuals at the mere suggestion that any one, particularly a young woman, could become the victim of this habit, adds greatly to the difficulty of handling the situation. One of the greatest obstacles to self-mastery in this particular is the depressing effect of extreme condemnation, whether on the part of the victim, or on the part of those about her. These unfortunate creatures are apt to feel that their wrong-doing has placed them beyond the possibility of forgiveness, and that there is, therefore, no use for them to try to change themselves. The first great essential, in enabling them to secure self-mastery, is to rid them of their terrible sense of shame.

Let us, therefore, turn our attention to the ways in which this habit may be acquired in infancy. As this statement would indicate, it does not always come as the result of a definite sex

impulse. It may be started in perfectly innocent ways.

For example, consider for a moment the efforts of the little one in the first few months of existence to become acquainted with its own body. The little fingers wander about from one part of the body to another, exploring and discovering, from the double sensations aroused, that first one part of the body and then another belongs to the individual. In this process, it would not be at all strange if the little fingers should stray to that part of the body which we call private, and if the nerves of sensation are thereby aroused into activity and the sensation proves to be more or less pleasurable, it would not be strange if an effort were made to repeat the experience. Thus, quite innocently, the habit of self-abuse may be formed.

Sometimes it is a little neglect on the part of the mother, causing more or less discomfort in these organs, which causes the little one to attempt to relieve the unpleasant sensation by rubbing. It may be that worms which have made their way from the anus into the adjoining parts have set up an itching sensation. It may be that this part of the body is too warmly clothed, causing congestion, or that the clothing is binding, causing irritation. Sometimes—and mothers would do well to take this into account that they may exercise the more careful watchfulness—an ignorant nurse girl will teach the habit to the

child, because she has discovered it to be a means of stopping restlessness.

One other matter it is very important for the mother to investigate. Sometimes the covering of the little organ called the clitoris is adherent, and sets up an irritation which calls for constant rubbing. This condition can easily be relieved by a slight surgical operation, and the presence of this habit should always call for a local examination by a physician, in order to discover whether conditions are perfectly normal.

Sometimes a little girl of three or four accidentally discovers that, by rubbing up against a chair or other piece of furniture, she is able to produce a sensation which is pleasurable. Sometimes an older child will induct her into wrongdoing.

The mother must be aware of these possibilities, and must be ever on the alert to avert them. Watchfulness on her part, and careful teaching of the little one to avoid all unnecessary handling of this part of the body will, in all probability, prevent the formation of this most undesirable habit. It is possible to teach even the little one of two or three years of age that these organs are just as sensitive as is the eye, and that, as rubbing of the eye will produce sores and other disastrous consequences, so will rubbing of this part of the body.

When a little one is old enough to receive an answer to her natural question as to her own origin, then it becomes possible to make the child

understand the sacredness of these organs, in that they enable us to become procreators with God in calling into existence other human beings. Because of the sacred character of these organs, we exercise especial care over them, never allowing ourselves or anyone else to touch them unnecessarily. With this teaching thus early imparted, there is very little probability that either a boy or girl will form the habit of masturbation. Where this teaching is not given, however, children naturally see no convincing reason why this form of pleasure may not be indulged in. They see no evidence of immediate harm themselves, and they have no way of knowing about possible serious consequences in the future.

That it is natural for children to meet the temptation to this habit, one could easily allow. The only right and normal thing, however, is for the child to master the temptation.

It will be advisable for us, however, to consider the true seriousness of this physical habit. It has been considered by some the greatest of all sexual evils; because, in the first place, of its prevalence; in the second place, because it is of such a nature that there is an unlimited opportunity for excess; and last, but not least, because it is indulged in during the vitally important period of growth when its consequences will be most far-reaching and serious. Its deleterious effects, moreover, are not limited to the body alone. The mind and soul are tainted and dwarfed through its insidious influence.

While it is possible for the habit to be formed innocently in infancy, in the great majority of instances it comes as the result of wrong teaching, and is, therefore, always surrounded by an atmosphere of evil suggestion, which is most detrimental to the sex life. It lays the foundation, in other words, for a lifelong unnatural attitude toward sex. It causes one to feel that everything connected with sex is impure and degrading, and it so deadens the finer sensibilities in connection with this subject that married life itself is often rendered less radiant and inspiring because of the poisonous miasms that arise from the mind and the heart that have been polluted through this degrading habit.

Its most direct effect in childhood is upon the nerve centers. If the practice is frequently indulged in, these become drained of their vital nerve fluid, and the whole system suffers from a greater or less condition of nervous exhaustion. This, of course, has a dwarfing effect upon the physical development, which, while it may not be markedly evident, nevertheless exists. One of the most undesirable effects of the habit, when long continued, is an absolute lack of concentration. The victims give themselves up so repeatedly to their impulses that finally they lose the power to control them, and so are at the mercy of every least suggestion. This means, of course, that their minds are constantly shifted from one point to another without that control and direction which is the essence of concentration. This,

doubtless, is the reason why the victims of the vice are such poor scholars and eventually may suffer from a greater or less degree of loss of memory.

One of the first effects of this habit upon the character is the development of furtiveness. There is an instinct within the human breast which warns even the innocent victims of the habit that it is wrong, and consequently, from the very beginning, it is kept more or less hidden. In time, the one who indulges finds it difficult to look others directly in the face, because there is always the consciousness of a hidden sin. Frequently the furtive look is the first indication the watchful mother receives that the child has acquired this habit. If she finds her little one beginning to avoid her gaze, she would do well to watch him or her carefully, and come at frequent and unexpected periods into the room where the child is playing. Without doubt, early indulgence in the practice may result in premature development of the sex organs, although they will naturally be lacking in the proper amount of vigor.

Masturbation is most commonly practiced, however, in adolescence, the period between childhood and maturity. It is probably natural that the inclination toward it should be felt more at this time than at any other. This is, of course, the very time during which its influence will be most detrimental. It is both destructive to the

sexual function itself and debilitating to the constitution.

We know today that the sex organs have a great work to perform in making over the bodily organism of the adolescent boy and girl. The very first work of these organs is the secretion of a fluid which is entirely retained within the body for the purpose of making over every portion of the physical being, and preparing it for the added responsibilities of maturity. Through over-stimulation of these organs the precious fluid, which was intended to be entirely retained within the body, may be drained away and lost, with very detrimental effects to the physical growth. There is no way of measuring the extent of this injury. It should be enough, however, for us to know that the injury exists.

The greatest temptation toward this practice is likely to be experienced by those of a high-strung, nervous temperament, to whom it will also prove most disastrous. The boy or girl of the phlegmatic temperament feels less inclination toward this form of indulgence, and is usually protected by superior vitality from its most disastrous results. The high-strung temperament, however, with its delicately adjusted and keenly sensitive nervous system, may be thrown into a condition of almost complete nervous exhaustion, because of the greater susceptibility to temptation, and the lessened power of resistance to the drain of physical and nervous energy.

The psychic effects of this unfortunate habit are often of such character as to cause an aversion to grow up in the heart of the girl toward the opposite sex, which leads her to keep away from social gatherings, and so may deprive her of an opportunity for a woman's normal life as a wife and mother. It may even lead into a condition of sex perversion, which causes her to seek gratification through undue intimacy with others of her own sex. This is so unnatural a condition that one hesitates even to refer to it; yet it is necessary to warn young girls against those of their own sex, who, being themselves abnormal, might wish to lead them, through their youth and inexperience, into these unnatural practices. Every girl should know that it is her duty to protect herself from undue intimacy with anyone, man or woman, and it is hoped that this word of warning will suffice to put them on their guard and prevent them from being drawn into any such undesirable associations.

There is much to be said in the way of encouragement to the young woman who has formed this habit, but who possibly has not appreciated its seriousness. Many a girl, upon learning the debasing character of this secret habit, feels herself so degraded that she believes there is no hope for her. In this she is utterly wrong. There is all the hope in the world, if she will but make up her mind to break it. It will not be an easy conquest, but in the process she will build so much of strong character that she need not in the

end regret the bitter experience through which she has passed.

In the first place, she should not condemn herself too severely, looking upon herself as an utter outcast from society. She is not alone in this experience. The human race has always had to fight, in some form or other, the battle of the spirit over the flesh. Her struggle is but a part of the struggle of the race. She is fighting for the complete mastery of her soul over her body, and she must always live in the consciousness that she is a soul and that these inclinations are not intrinsically hers. They are the lower impulses of the body.

Whenever these impulses arise, she should say to herself, "This does not belong to me"; and, by thus denying it as a part of herself, she can more easily free herself from its domination. A little attention on her part will teach her to recognize the very first thoughts which might tend to start the train of impulses leading up to this form of self-gratification. When that time comes, she will be able to divert her thoughts into other channels at their very inception, thus suppressing all possible wrong impulses in the body. It will be of assistance to her if she will carry with her some suggestions of the lines of thought in which she is particularly interested, so that, at the first indication of danger, she may, by activity of the will, direct her thought along one of these other lines. It is much easier to control

oneself at the beginning of the impulse than at the end.

Many times young women write to ask if, having had the habit of masturbation at one time in their lives, but having mastered it, they have a right to marry, and whether it will be necessary to confess their previous wrong-doing to their husbands. There is nothing in this habit, unless it is so long continued that its consequences become permanent, to render the young woman unfit for marriage. No young woman who has average health need hesitate at all to accept an offer of marriage, even though she may at one time have been a victim of this habit. It does not have a direct effect upon the creative organs, as so many have seemed to fear, rendering them incapable of performing their function. There is no reason why she may not make a good wife and mother, and, if she will use her own unfortunate experience aright, she will make it a means of enabling her to protect her children from duplicating it. The effects of the practice, whatever they may be, are not inheritable, so she is relieved of that worry. Since she has conquered the habit, it does not seem necessary for her to make a confession of it to her husband, any more than she would the habit of thumb-sucking in her infancy, or biting her nails in her early childhood. Since it is quite likely he may have had the same habit, and have overcome it, their position is probably one of equality.

One important physical consideration in this

connection is that of genital cleanliness. Any condition which tends to the irritation of these parts will stimulate the brain cells and may thus start undesirable impulses. It is very important, therefore, to make frequent use of soap and water to keep these parts thoroughly free from all possible secretions, or foreign matter, which may gather there. If there is an inflammation which makes them sensitive to soap, a solution of boric acid will be found a good cleansing antiseptic agent.

As I have said elsewhere, the general bodily effects of masturbation, apart from the effect on the generative system itself, are to be seen in a lack of energy or general lassitude, a weakened muscular system, an all-around lack of development, sometimes a dragging gait, weakness of the bladder, or urinary symptoms, a pale or sallow complexion, often with dark rings around the eyes, as well as pimples and blackheads, poor memory, difficulty in study or mental concentration, lack of self-confidence, a tendency to avoid the society of others, especially that of the opposite sex, and an inability to look other people in the eye. Of course, these symptoms are typical only of serious cases. When the habit has not been carried very far, or has not been productive of much harm, they will not be in evidence. The mental or psychic symptoms are especially important and may be observed in varying degrees. A naturally strong-minded character may overcome some of them, as, for

instance, the lack of confidence, by force of will; but in many cases these anti-social symptoms are extremely marked. Weakened memory and poor mental concentration are among the most persistent and common of such symptoms.

So much has been said about pimples on the face as being an indication of the presence of this habit in the individual, that it may be well for us to give a little attention to this subject. Much injustice has doubtless been done through the widespread notion that pimples were always an indication of self-abuse. This, of course, is far from being the fact. We would be much nearer the truth if we made the statement that pimples were always an indication of constipation. They are, in general, an indication that the skin is attempting to do the work of elimination which the eliminatory organs are failing to do. Of course, self-abuse may, in some instances, cause a breaking out upon the face, but even so, this result is likely to have been brought about by the fact that loss of nerve power has made it impossible for the bowels and kidneys to perform their work properly.

The very first thing to do, therefore, in a case of acne, is to see to it that the system is thoroughly cleansed of all waste matter. The general character of the skin has much to do with acne, and persons with clear, smooth skins are often great offenders in the matter under consideration. Persons having naturally oily skins are most likely to be afflected with pimples and

blackheads, which are commonly found on the face and shoulders, these being the parts of the body where the sebaceous glands are most plentiful. The so-called "flesh-worm" of the blackhead is only an accumulation of the dried oily secretion of a sebaceous gland resulting from the clogging of the opening. The ordinary pimple is caused by a mild infection which has traveled down the duct of one of these glands, or down the root of a hair. When these tiny glands are especially active, such difficulties are more likely to be met with. The sebaceous glands, like all the other glands of the body, are most active in youth, from the period of puberty until maturity, and it is largely for this reason that young people of this age are so frequently affected with pimples. Masturbation is not necessarily involved. Rigid cleanliness, by preventing the clogging of the tiny ducts, and also by preventing infection, will do a great deal to prevent pimples. Cold water and ice, too, are valuable, because they contract or close the pores. Warm or hot water opens them and should generally be avoided.

At the same time there is another factor to be considered in acne, namely, the question of pure blood and resistance to infection. In vigorous health, the infection cannot gain a foothold. But when the vitality is lowered, the circulation weakened and the vital functions impaired, it is easy to develop pimples. Now, masturbation, of course, tends to derange the internal functions,

weakening digestion and otherwise impairing the quality of the blood, and in that way may cause pimples.

In other words, acne is often found upon the face, shoulders, chest and back of masturbators as a symptom of lowered vitality, but it is not the positive indication that some have supposed. In some cases the health is undermined only slowly, during a period of years, and the appearance for a long time may indicate nothing wrong.

So much has been said in the past about insanity being caused by masturbation, that it would be well for us to give a moment's consideration to it at this time. Probably the prevalence of this belief was due very largely to the books that have been published by quack doctors who endeavor to scare their victims so as to be able to secure their money. The truth of the matter is that no scientific foundation has been discovered for this belief. While it is known that those who have lost their minds are often victims of this habit, the habit is, in all probability, the result of their mental condition, rather than the cause of it. They lack reason and self-control. No person suffering from this habit need live in fear of going insane, as so many of them have done in the past.

Since the condition is both physical and mental, the remedial measures must partake of the same two-fold character. It is impossible to say which of these is the more important part of the treatment; both are absolutely essential. Physical

vigor, which is built up through proper exercise and food, is essential to the strength of will needed for the rigid restraint which it will be necessary to exercise.

The first step is to build up bodily vigor, not only for its own sake, as has been suggested, but for the sake of the clearer brain and stronger will so essential for victory. These qualties cannot be developed in a body which lacks the proper blood supply to the brain and is suffering from depleted nerves. Everything possible should be done to develop bodily strength and vigor.

The matter of diet is of the greatest importance. Meat and eggs being rich in protein should not be used too freely, and if the assimilation is especially poor it may be better to avoid them entirely for a time. Red meats are especially stimulating and should, therefore, be used sparingly. Fish and chicken are less pronounced in their effect. Not only alcoholic drinks, but even tea and coffee should be avoided. Pepper, hot sauces and condiments of all kinds are especially objectionable. The things that you can eat and enjoy raw, particularly fruits, green salads, nuts and so forth, should be used extensively in the diet.

It is especially important to correct any tendency toward constipation. This is, without doubt, an important factor in many cases, the accumulation of effete matter causing a more or less congested condition which reacts unfavorably upon the brain cells, and may arouse

thoughts and impulses which should not be called into activity. Through proper exercise, the drinking of plenty of water, and the eating of the right kind of food, the bowels may be kept open and regular.

The first step in the mental treatment of masturbation is an unfaltering determination to conquer the habit, no matter how long or difficult the fight may be. This is a crisis in your life. You are either going to remain a weakling for the rest of your days, or you are going to rise on the stepping stones of your dead self to a bigger, better, more successful life. You will not conquer this habit in a day, or a week, or a month. Make up your mind, however, to stick to it until you have gained the mastery and kept your promise to yourself. This is the building of character.

The next step is to stop worrying about it and its possible consequences. The condition of worry is very depressing and debilitating, and it makes you fall an easier victim to all sorts of wrong suggestions. Never mind what you have done in the past; the important thing is what you are doing today.

The third step is to fill your life with so many forms of mental activity that the old habit will not have any chance to assert itself. Your mind must be so occupied with other matters that there will be no opportunity for the introduction of impure thoughts.

The fourth step is to avoid being too much by

yourself, and to cultivate the society of refined people just as much as you possibly can.

You must not be disappointed if you fail time and again to master your wrong impulses at the beginning of your struggle. Never let such a failure put you permanently into a mood of depression. Say to yourself each time, "Never mind! I will conquer," and go at it again. Realize that it is more than a physical habit which you are endeavoring to overcome. It is a wrong attitude of mind. Read the books which will help you to have a greater respect for human beings, for the processes of nature, for yourself as an individual. Read books on personality and power. Learn to use the laws of mental suggestion, and see in all of these but an opportunity for developing your own hidden and probably hitherto neglected powers. Look forward to the day when you can make your struggle a means of enabling you to help others, and, for their sakes, pick yourself up after each fall with renewed determination. Realize that every time you resist the wrong impulse you are strengthening your powers of resistance, and constantly encourage yourself to believe that you are gaining the mastery.

Cultivate pride and self-respect. Believe in yourself and make others believe in you. Whatever your work may be, determine to do it to the very best of your ability, and thus you will gain the respect of others as well as of yourself.

Anything that will tend to add to your sense of pride will help you powerfully. You will find

personal cleanliness a great aid to this end. Cultivate a fastidious attitude toward cleanliness of person and apparel. The feeling of immaculate cleanliness adds greatly to one's self-respect, and the effect upon the whole moral nature is such that one will less readily stoop to any depraved action.

Above all, do not allow yourself to worry or brood over your trouble. Let the "dead past bury its dead." Live in the present. Look forward hopefully to the future, and thank God that you are at last alive in every particle of your being.

Do not allow yourself to pass any time in idleness. Inactivity will give your mind a chance either to dwell upon erotic thoughts, or to worry about your condition, and both of these should be carefully avoided. Make it a habit to get out of bed with a jump the instant you wake up. Take a quick plunge, or a cold sponge, to finish the waking-up process and enable you to start the day with vim and vigor. Try to have enough physical exercise so that, when bedtime comes, you will drop to sleep as soon as your head touches the pillow.

Cultivate all kinds of hobbies and different sources of interest, especially those which will lead you into physical activity. Do not spend your leisure hours always in sedentary occupations, such as reading, writing, embroidering, playing cards and so forth. Seek your friends amongst those who are actively inclined. Seek

out a good gymnasium and learn to enjoy sports of all kinds. In summer, devote yourself to outdoor sports.

It is especially important to keep the mind away from all subjects which can arouse the sex nature. It is possible to masturbate mentally, dwelling upon erotic subjects until the sex nature is so aroused that physical sensations may even result. This is almost as bad as the physical practice, and is usually the first step in that direction. Whenever you find your mind turning in this forbidden direction, get up and do something at once in order to change your current of thought. It does not matter what it is, but do it immediately. Take a cold bath, shake the rugs, play the piano, or do anything else that comes to your mind. The more active and mentally stimulating it is, the better. Plan for some activity toward which you can always turn when any undesirable thought of sex enters your mind.

Sometimes the very best way to meet this temptation to wrong thinking is to put yourself at once in the company of refined and agreeable people. The very impulse of the victim of this habit, to get off by herself or himself, would seem to indicate that the best possible treatment would be just the opposite of that impulse. Association with refined, high-minded persons of the opposite sex, if always kept on a high plane, without any of those personal intimacies which young men and women sometimes indulge in, should also prove beneficial.

CHAPTER XLIII

Sterility

TO be the mother of a child is the hope and joy of every normal woman. To be denied this privilege is one of the keenest disappointments of her life, in many cases being the cause of wrecked homes and continual unhappiness.

Sterility is practically always due to some disease of the genital tract of either the husband or wife. In this chapter we will not consider the former although he is responsible in nearly half of the cases. If no cause can be found in the woman, it is possible that a close examination of the husband will determine the reason for the absence of children.

Sterility is the condition in which a woman is incapable of reproduction. It is considered absolute sterility when no conception is possible, and relative sterility when conception occurs but the foetus dies.

There are many conditions which are said to be responsible for absence of the ability to bear living children. The majority of all cases are due to inflammatory disease of the uterus, tubes, or ovaries, often the result of infection. The inflammation causes a thickening of the walls of the fallopian tubes, which, together with the pus

and catarrhal exudate, so occludes the lumen that either the ovum cannot reach the uterus, or the spermatozoon is prevented from fertilizing it. Often, too, the ovum is prevented from leaving the ovary because of thickening of the covering of the latter. The lining of the uterus may also be so injured by the inflammatory process that it is no longer a suitable field for the attachment of the ovum, even after fertilization.

Lacerations and ulcerations of the cervix may be responsible for the failure of fertilization, these conditions preventing the entrance of the spermatozoa into the uterus. Syphilis, tuberculosis, polypi and tumors may also be mentioned as causes of this condition.

Congenital malformations are occasionally responsible, such as imperforate hymen, absence of ovaries, tubes, uterus, and even of the vagina. Early marriages are more often childless than later ones, the most fertile being those occurring at from twenty to twenty-four years of age.

It is also certain that a lowered condition of the health of the woman is likely to destroy the childbearing function, although it sometimes happens that the bearing of children acts as a stimulus to the functions of the body and good health follows.

The habitual use of alcohol is considered by some to be detrimental to fecundity. Just how this acts it is impossible to say beyond that it lowers the nervous tone and general health of the body. Overwork, worry, and emotional dis-

turbances may at times so depress the nervous and physical powers of the woman that healthy ova are not secreted.

Venereal disease is too often the cause of sterility. This may be gonorrhea in either the husband or wife, causing destruction of testicles or ovaries, or, as occasionally happens, a chronic inflammatory condition of the spermatic ducts of the man, or of the fallopian tubes of the woman, producing occlusion which prevents the passage of the male and female elements of conception.

That syphilis is a potent cause of non-pregnancy is maintained by many urologists and gynecologists. Whether it is truly syphilis, or the treatment usually taken for this disease, has never been determined. It is certain that the mercury and arsenic used in the treatment of syphilis, with the idea of killing the treponema pallida in the blood, cannot fail to have a degenerative effect upon both the spermatozoa and ova. There are many cases on record, however, where healthy children have been born after either one or both parents had been infected and received treatment. Personal health is probably the deciding factor after all.

Sterility, of course, necessarily follows operations for the removal of the tubes and ovaries. If one tube and part of an ovary are left, pregnancy is possible.

A woman thinking herself sterile should undergo an examination to determine the presence

or absence of inflammation, growths, or malformations. If there is inflammation of uterus, tubes or ovaries, treatment for these conditions must be instituted. If there is a displacement, it must be corrected. In case of imperforate hymen, a slight surgical operation is indicated. If there are malformations, or one of the necessary generative organs is absent, there is, of course, no remedy.

Very often there is such an excessive leucorrhea of an acid nature, that the spermatozoa are either killed or prevented from reaching the uterus or tube. In such cases a vaginal douche, consisting of a teaspoonful of baking-soda and a teaspoonful of common salt to a quart of water, may remedy the condition. The normal reaction of the vaginal secretions is acid, but in case of ill-health they may become unduly so.

If none of the above conditions can be demonstrated, a general health-building regime should be taken up, along the lines laid down in chapter twelve. In very many cases it will be found that improved health will be followed by conception.

Women should understand that not only may a lack of vitality resulting from overwork, want of food, or actual disease, be the cause of sterility, but that there are also mental and emotional conditions which may cause barrenness. Prolonged or intense mental depression or excitement, anxiety, fear, grief, suspicion, jealousy, anger, revenge, are not only strikingly preventive of

conception but also of normal ovulation. Such states, too, may render the male reproductive germs incapable of impregnating as well as the female germs incapable of receiving fertilization. They may also prevent the normal development of an embryo after fertilization has once been effected.

It may be well for us to consider briefly some of the local causes of sterility. For example, if the hymen has never been perforated it would be impossible for the male germs to enter the uterus and, therefore, fertilization will be impossible. There may be some other malformation or defective development of some part of the sexual system. If some part of the reproductive canal—as, for example, the vagina or the fallopian tubes—has grown together, thus completely interfering with the proper passage of the germ cell, conception cannot take place. Displacements of the uterus and similar derangements may have the same effect.

Sometimes the lining membrane of the uterus may be so diseased as to prevent the necessary attachments of the ovum to the uterine walls for the purpose of development. Acid secretions, resulting from leucorrhea and other complaints, may kill the spermatazoa and thus prevent fertilization.

Probably the most common of these local causes of sterility are defects in the ovaries or fallopian tubes. As has been mentioned elsewhere, if the gonorrheal infection reaches the

fallopian tubes, it may cause a complete closing of these passages, thus preventing the ovaries from reaching the uterus. This alone causes more than fifty per cent. of involuntary sterility. In many of these cases, the actual condition can be determined only by competent physicians, and a goodly percentage of these abnormal conditions, it is encouraging to know, can be relieved by the proper treatment.

One other cause must also be considered. This has been termed a lack of adaptation. The husband and wife may be so fundamentally unadapted to a real union of life that their physical union does not result in conception.

As we said before, the husband is too often to blame, and it is needless to say that he should investigate the matter and take as great care of his health as the wife. Indeed if there is no obvious cause in the wife, the condition of the husband should be ascertained before the wife is subjected to examination.

The time of the connection is often responsible for the failure of pregnancy, although this is not absolute, inasmuch as pregnancy is possible and has occurred at any time. If intercourse takes place within a week after menstruation, however, pregnancy is more apt to follow.

Conception and childbearing are normal functions of woman, and just as other bodily functions are dependent upon good health, so the occurrence and satisfactory termination of the reproductive crisis is dependent upon this condition.

SPECIAL NOTE

Disorders and weaknesses of women are so common that a certain amount of fundamental information along these lines should form a part of the education of every woman. It is the aim of the following chapters to supply information of this type. These chapters are intended for educational purposes only. Where suggestions on treatment are offered it is not in any way intended that they should take the place of a physician's advice. Such suggestions are indeed presented chiefly for the benefit of physicians, osteopaths and others who may not sufficiently appreciate the value of physical culture methods in supplying that strength of body and that improvement in the circulation which have so much to do with overcoming weaknesses and disorders of women. Even though it is desirable for women to be well informed on these matters, self-treatment is not safe nor advisable. One should not be slow in securing professional help in case of any trouble, first, to find out the nature of the trouble, and, secondly, to secure safe and effective treatment.

CHAPTER XLIV

Menstrual Disorders

NORMAL menstruation in a healthy woman should not occasion any symptoms of illness whatever, except perhaps a slight malaise and a sense of fullness in the pelvic region due to the congestion. There should be no weakness or physical disability. Any deviation from the normal, however slight, should be classed as a menstrual disorder.

Although usually considered as functional disorders, disturbances of menstruation are most often based on some underlying constitutional difficulty or organic condition, and local treatment without considering the body as a whole is not to be considered good treatment.

PREMATURE MENSTRUATION.—Menstruation in some cases has occurred before puberty—in fact, in infants. In the latter it usually lasts only a few days and is of no consequence, except it be profuse, when it may cause weakness. When it occurs at a later age, but before the time expected in that individual, it is usually due to precocious development, or to the child's having had its attention drawn to the sex functions by its nurse or playmates—perhaps being taught the habit of masturbation. In such cases the genitals develop prematurely, the breasts enlarge, and other signs

of puberty appear. Unless proper care is taken and the child restrained, the foundation for future weakness and nervous disorders may be laid.

Treatment.—The child should be removed from the influence of vicious companions. Rest and sleep and proper feeding are needed to build up the nervous system. Cleanliness, fresh air and sunshine, and active outdoor exercise should be encouraged. The mental development must not be pushed at the expense of the physical.

Late or Delayed Menstruation.—A mother is often worried because her daughter has passed the age of puberty and the menses have not as yet appeared. Or the girl herself, if she has been informed upon the subject, will wonder what is the matter, and worry because the expected event does not occur.

This may be an hereditary condition, and ordinarily need cause no alarm, as the flow will be established in good time. In some cases it is due to a sedentary life, with its lack of exercise and fresh air. It may be due to poor food or insufficient food. The delay often occurs in the case of those girls who habitually overeat and who grow excessively fat. If the menses are delayed very long after the normal time of puberty, it should be considered as an amenorrhea, and the treatment of the condition will be taken up under that head. In simple delayed menstruation, no treatment is necessary apart from general health improvement.

Vicarious Menstruation.—This is a rare

condition and occurs when, in the absence of normal menstruation, there is a flow of blood from some other organ at the time when menstruation should take place. This may happen every twenty-eight days for some months. Hemorrhages from the nose, stomach, lungs, nipples, ear, gums, bladder, or even from an unhealed ulcer or open sore, may occur. There may be bleeding hemorrhoids. In some cases there is no blood, but an excessive leucorrhea, a diarrhea, or an unusual flow of saliva. No treatment is needed beyond that for the re-establishment of the normal menstruation.

AMENORRHEA.—This is a condition in which there is an absence of menstruation for one or more periods. Physiologically it occurs during pregnancy and lactation. It may be due to the absence of uterus or ovaries, either congenital or through surgical removal. It may also be due to undevelopment or malformation of uterus, ovaries, or vagina, or to an imperforate hymen.

The ovary, besides its function of secreting the ova, also has another function, that of secreting a substance which is thrown into the lymphatic stream, and is called an internal secretion. Other glands in the body also have such a function, as the thyroid, pituitary and adrenals. There seems to be somewhat of an equilibrium between the secretions of all of these glands, so that when the function of one is disturbed that of one of the others may be changed. Hence in disturbances of the thyroid there may be an amenorrhea.

The most common causes of the condition, however, are those due to a change in the health and well-being of the woman. Amenorrhea in itself very seldom produces ill-health, but vice versa. Anemia, either primary, as chlorosis and pernicious anemia, or secondary to a wasting disease, is a common cause. Tuberculosis and malaria are very often to blame. It may be due to organic disease of the heart, liver, kidney, or spleen. Digestive disturbances, diabetes, and nervous disorders conduce to the disorder. It may follow an attack of an acute disease, as pneumonia, diphtheria, typhoid, etc.

We have observed amenorrhea in several cases in which the women were actively engaged in athletic and gymnasium work. This is also a case of conservation on the part of the body, all available vitality apparently being expended in the vigorous muscular effort.

Treatment.—We generally have to consider whether the girl or woman ever has menstruated, or whether the flow has been established at puberty, but for some reason has missed one or more periods at a subsequent time.

In the first case, puberty arrives with all its signs except the menses; periodically the girl is seen to be dull, to lose her appetite, to suffer with malaise, and often headache. This lasts for a few days and then she is all right. This may go on for months before the general health shows signs of failing.

In the second class we must always rule out pregnancy and lactation.

The treatment of both classes is practically the same. In the first place, if the cause can be found, it must be removed before anything else is done. If there is a constitutional or acute disease, it must be treated by appropriate measures.

If the patient is inclined to stay indoors, and reads and studies incessantly, a complete change should be made in the manner of living. She must go outdoors every day, practice deep breathing, get as much sunshine as possible, and engage in outdoor games and other exercises. Walking and hill climbing are extremely beneficial. If active exercises are too severe and seem to tire the patient, massage or mild calisthenics may be substituted.

The exclusive milk diet should next be thought of. This is the best means we have of quickly building up the quality as well as the quantity of blood.

A proper amount of rest and sleep must be secured. If the patient is obliged to be confined indoors during the day, outdoor sleeping, or a well-ventilated room is obligatory. During cold weather warm clothing must be worn.

A cool sponge bath may be taken daily, and a hot tub bath twice a week. The hot sitz bath is a most valuable measure in amenorrhea. To get the best effects from the sitz bath, it should be taken daily for several days just before the expected menstrual period. If the menses ap-

pear, it must be discontinued. The bath should last from five to fifteen minutes. Between the menstrual periods the cold or cool sitz is of value, but this must be stopped several days before the time for the menses. It may be alternated with the hot sitz. If the baths seem to weaken the patient, or take too much energy, they had better be discontinued, or only the hot sitz used.

The bowels must be kept free and active by proper diet, the enema being used in emergencies, cathartics never.

Systematic abdominal massage and bending exercises are of benefit.

MENORRHAGIA.—This is a condition characterized by an excessive flow of blood at the menstrual periods, or a prolongation of the normal menstrual period. It is sometimes called "flooding."

It may be due to local or constitutional causes. The most important local causes are: Infective and simple inflammation of the uterus; displacements of the uterus; fibroid tumor and cancer; polypi; disease of the ovaries. Any condition producing a congestion of the pelvic viscera is a cause, as uncompensated heart disease, tumors of the abdomen, congestion of the liver, the wearing of tight bands, or corsets. Straining because of constipation, excessive work or exercise, heavy lifting, running sewing machines, standing all day at ironing, or clerking, are sometimes potent causes. Constitutionally, the woman may be anemic, or there may be a tendency to bleed.

There may also be weakness following acute disease, or resulting from a constitutional disease. The condition may be due to excessive use of alcoholic liquors, overeating, or the use of stimulating foods. If pregnancy is present or suspected, it may indicate a threatened abortion.

Treatment.—The woman should rest, preferably in bed, during the time of the period. This alone will sometimes shorten the time, or reduce the quantity of the flow. Liquids should be restricted. The diet should contain foods which are known to be laxative.

A careful examination should be made to rule out the presence of local disease. If present this must be treated.

A regime should be adopted that will build up the general health. The quality of the blood must be improved, and for this purpose there is nothing better than the milk diet. This should be taken up to within a few days of the period, and then discontinued while it lasts. In some cases a fast during the first few days of the period is advisable. This very often shortens the time. Between the periods, mild exercise, such as calisthenics, walking, bending, and floor exercises should be taken. These will reduce the pelvic congestion and tend to equalize the circulation.

Between periods the cold sitz bath is beneficial. This should last for one minute, and is best taken just before retiring. It may be taken every evening, but must be discontinued upon the appearance of the flow. The cold sitz is used sometimes

to check the flow, but it may prove to be a dangerous procedure, and should not be used unless the flow has continued for a normal length of time and there seem to be no signs of cessation. Instead of the sitz bath a cold compress over the pelvic region may be used. Massage over this region is often beneficial. The hot vaginal douche may be tried.

METRORRHAGIA.—This is a condition in which there is bleeding from the uterus between the normal menstrual periods. It must always be distinguished from menorrhagia because it usually means that there is a serious local condition. It may indicate an impending abortion, the presence of cancer or fibroid, or a severe inflammatory condition of uterus or ovary. The treatment is that of the underlying cause.

DYSMENORRHEA.—This is the most dreaded menstrual disturbance, causing in some cases intense suffering for a few days at every menstrual period, and often leading to serious impairment of health, because of the pain and mental and physical depression.

The causes are many. One type is neuralgic in character. It is probably due to congestion of the pelvic viscera, and is often associated with neuralgia in other parts of the body. The pain is sharp, and seems to radiate from the region of the ovaries, to the uterus and back, and down the legs.

This type of menorrhea may be due partly, or indeed sometimes even entirely, to the conditions

known as neurasthenia and hysteria. There may be digestive disturbances and anemia.

A second type is congestive or inflammatory in character, and is due to inflammation of the uterus, or of the tissues in the vicinity of the ovaries and uterus. Or it may be due to displacements, or pressure from tumors. The pain is not present before the flow, but comes on a few hours after it has been established and lasts during the period. The pain is throbbing in character, and radiates to and up the spine, down the thighs and to the back.

A third class is due to obstruction in the lumen of the uterus. It may result from imperfect development, or an infantile uterus. There may be a stricture of the cervical canal, due to the contraction of scar tissue, or swelling because of inflammation. There may be a flextion (doubling over) of the uterus, tumor, polypus, or clots of blood. The pains are paroxysmal and intense in character and disappear as soon as the flow is established.

A fourth type is the membraneous form, in which the superficial layers of the uterine lining are cast off.

Treatment.— When the patient is seized with the pains she should go to bed immediately. The bowels should be emptied by means of a hot enema. This alone often relieves. A hot compress should be placed over the lower abdomen and pelvic region, covered with a hot-water bottle. Instead of these, bags filled with oats or

bran can be heated and applied. They may also be placed under the buttocks. Hot drinks may now be given. No food should be taken. The patient must be kept warm, by placing hot-water bottles to the feet and limbs, if necessary. If the pain is severe and the above measures fail, the patient should be put into a hot sitz bath, the water being as hot as can be borne. She should stay in this until the pain is relieved, or at least for a half hour, returning immediately to bed.

It is between periods, however, that the real cure must be made. Every measure that will tend to build up the health must be taken. Fresh air, outdoor exercise, games, walking, and hill-climbing, etc., are all good. Sufficient sleep and rest must be secured. The diet should be wholesome, practically along the lines mentioned before. If there is a local condition, such as displacement, obstruction, or inflammation, it must be taken care of by appropriate treatment. In most cases the one remedy that has been most effective is a fast of from seven to fourteen days followed by the exclusive milk diet. If desired, a series of fasts of three to five days may be taken, using the milk diet between.

Between periods the cold sitz bath, or the alternate hot and cold sitz bath, may be taken, with the idea of toning up the uterus.

A woman is tempted to take drugs to ease her pain, but this is not advisable, as the drug only deadens sensation and in no way removes the cause, or helps the condition.

For the most part, the entire problem of womanly comfort in this connection is a matter of living a natural life and building vigorous health. Nature never intended that a woman should suffer, and except in unusual conditions of physical abnormality a woman will not suffer if she has strength, good circulation, good blood, and the proper bodily posture that will enable her to keep every organ functioning freely and normally. The lower animals have no trouble along these lines, and every human being should be a good animal. Women should strive to make themselves ideal specimens of healthy animal life, and if they will do this, in practically all cases painful disorders of this kind or of any other kind will be unknown.

CHAPTER XLV

SPECIAL DISEASES OF WOMEN.

PLEASE note that we do not maintain that the suggestions found herein for the treatment of disease will take the place of a competent doctor. They can be used when one is not able to secure expert advice, or they can assist one in selecting an intelligent physician who thoroughly understands the principles of natural treatment. All injections, or other medical remedial measures suggested, should be prepared by medical or other qualified practitioner. It is not safe to tamper with remedies of this sort without detailed knowledge of their use.

In discussing the diseases peculiar to women we do not do so with the idea that a competent physician is not necessary for their diagnosis and treatment, for in many cases only a careful examination will disclose the true nature of the trouble and insure its recognition early enough to effect a cure. We wish, however, to give a few ideas which will help to a true understanding of the conditions mentioned and assist in selecting the right treatment. Most of the operations performed on women are for pelvic disturbances, which have begun as simple inflammation and, because of negligence or wrong treatment, have gone on to organic disease. Indeed, many gyne-

cologists admit that they have no specific cure for local diseases of women and their usual practice is to wait until the case gets well of itself, or goes on until operation is indicated. Modern gynecology has practically devolved into pelvic and abdominal surgery. We know of many women who have escaped operation and have become well by following out constructive and conservative natural treatment.

Leucorrhea.

This troublesome complaint, commonly known as "the whites," or flur albus, is not a specific disease in itself, but is a symptom of inflammation. Since most women think of it as a special disease, and as it is one of the first symptoms that takes them to a physician, we will discuss it from that viewpoint.

Leucorrhea is a catarrhal discharge from the mucus membrane of the genital tract and may be either acute or chronic, resulting either from a simple or a specific inflammation.

Its presence indicates an inflammation of the vulva, vagina, cervix, uterus, or tubes. It may, however, be part of a general catarrhal condition of the entire system in which case only constitutional treatment is indicated.

Causes.—Exposure to cold and wet; long-continued standing, or too much running of sewing machines; displacements of the uterus; lacerations and ulcerations of the cervix; excessive sexual intercourse; frequent or prolonged sexual

excitement; wearing pessaries; too frequent use of vaginal douches; worms from the rectum gaining entrance to the vagina; acute infectious diseases; street dust; irritation from acrid uterine and vaginal discharges; retention of decomposed menstrual fluid; overeating and the use of alcohol, drugs, tea and coffee; highly seasoned foods; the presence of polypi, tumors and cysts. In many instances gonorrheal infection is the cause.

Symptoms.—The whitish discharge is the principal symptom, but in many cases, especially when the uterus and tubes are involved, there is more or less pain and sense of fullness in the pelvic region as well as backache and symptoms referable to the organs involved. The discharge may be profuse, necessitating the constant wearing of a napkin. It may be serous, or thick and purulent in consistency. If due to infection there will be fever. In most cases, however, the condition is chronic from the onset, and the discharge, with a slight uncomfortable feeling, and itching and burning of the external genitals, are the only symptoms.

Treatment.—Most women resort to the vaginal douche upon the first appearance of a leucorrhea. This is often a mistake, as it perpetuates the trouble. Indeed the present-day promiscuous use of douches with strong antiseptics is a fruitful cause of leucorrhea. The mucous membrane lining the genital tract is self-cleansing; the secretions are normally acid and protect from infec-

tion. The douches, especially if alkaline, or containing chemical antiseptics, destroy this element and the membrane loses its defense. Besides, the normal current or flow is downward and out, and the douche may carry infective material upward to the uterus and tubes and even to the peritoneal cavity. This is a very potent and constant cause of female illness.

Locally the only treatment advisable is external cleanliness by frequent use of soap and hot water and the application of a bland lubricant or powder to prevent itching and burning. In many cases even these are not necessary. When a napkin is worn it must be changed frequently. A hot sitz bath should be taken at least twice daily if the case is severe. This should last for ten to thirty minutes. If this is inconvenient, the parts may be bathed with hot water for ten minutes. In some cases hot and cold sitz baths are more efficacious, alternating three or four times, remaining in the cold water one or two minutes and in the hot water three or four minutes. Use great caution however to avoid the ill effect that sometimes results from remaining in the cold sitz bath too long. The hot foot bath also is beneficial. If the irritative cause is discoverable, this of course must be removed. A few days in bed will help to lessen pelvic congestion, but is seldom necessary. Fasting is one of the best means for reducing inflammation in any part of the body and restoring membranes to the normal condition. A fast of from five to ten days will be of great

benefit. A series of short fasts can be taken if a long fast is undesirable. These should be followed by the exclusive milk diet, or a fruit or vegetarian diet. The idea is to improve the quality of the blood, and then by exercise and baths restore a normal circulation and thus reduce the pelvic congestion. Abdominal massage and bending exercises are of inestimable benefit.

Of course it is even more important to avoid producing pelvic congestion than to reduce it, and as a preventive policy it is, therefore, especially necessary to avoid sexual excitement. This is unquestionably one of the most common causes of leucorrhea, and all habits and conditions conducive to such excitement should receive attention. Particularly, a condition of unsatisfied passion should be avoided. The reader is referred to the chapter on the "Dangers of Love Making" for specific advice on this phase of the subject.

Gonorrhea.

This ailment comes under the heading of venereal diseases. An extraordinary advance has been made in its treatment recently by the medical profession. Seek the aid of a competent physician as early as possible when you have any reason to believe you have acquired the disease. Do not assume the serious risk of hampering with yourself in self-treatment. The following information is presented for the benefit of physicians who are desirous of learning something of

the drugless treatment and to assist those who are unable to secure the advice of a competent physician.

Specific inflammation in the female is a serious condition. Its effects are more far-reaching than those of any other disease. Beginning as an inflammation of the vulva, vagina and urethra it may extend through continuity of the membrane to the cervix, uterus, tubes, ovaries, peritoneum, bladder, ureters and kidneys, resulting in abscess, sterility, nephritis, or even death.

Cause.—The gonococcus is the associated bacterium. The disease is usually acquired during sexual relations, although it may be transmitted by means of infected towels, clothing, toilet seats and bath tubs. In all cases in which there is a thick purulent discharge from the vagina, a microscopic examination should be made, not only to diagnose the condition, but for the protection of the patient and others.

Symptoms.—A few days after exposure to infection the patient will notice an uncomfortable feeling in the vagina and at the vulva—an irritation with heat, redness, swelling and perhaps pain. The parts are at first dry, but gradually there appears a slight watery discharge which rapidly becomes thick, yellowish, or greenish. The parts become more reddened and swollen and painful to pressure. The urethra practically always becomes infected and burning urination follows. The glands in the groin become swollen and tender. The urethral and vaginal glands are

infected and may become greatly swollen, retaining the infection for a long time after the acute condition subsides. The vaginal walls become roughened, especially if corrosive antiseptics are used, thus allowing the infection to penetrate to the deeper layers of the mucous membrane. Should the inflammation extend to the uterus and tubes there will be general pelvic pain and elevation of temperature and pulse. The acute condition subsides and is followed by a chronic leucorrhea which may be present for a long while, but gradually subsides. The urine may be cloudy and contain shreds for many months.

Treatment.—Many advanced medical men recommend as an injection, or application to the inflamed surface, of iodagol, chlorazene, sulphide of zinc, or allied solutions, for the treatment of this complaint in its first stages. Usually when this treatment is applied to the inflamed surface soon after its first appearance the symptoms disappear and the disease does not have a chance to develop. In the vagina the douche will have to be used; in the urethra the injection will have to be used. In many cases where treatment of this character is quickly applied every two or three hours at the beginning of the first symptoms the disease can be eliminated before it has had a chance to secure a definite foothold.

The statement is made by many hygienic physicians that this method of treatment drives the disease back into the system. As this disease is due entirely to local infection, many maintain

that the quick removal of the first symptoms indicates the elimination of the disease. This theory cannot be substantiated and cannot be disproven. The facts, however, must be recognized that this is indeed a serious disease and that to allow it to proceed on its ordinary course of development means serious inflammation of the membranous surface that leads into the womb, the fallopian tubes, urethra, bladder, etc. Therefore it is well if possible to avoid the risk of serious infection of this sort, and if a proper antiseptic can be used which immediately stops the advancement of the disease, it is doubtless the safest procedure in many cases, especially when the full details of the natural treatment cannot be immediately adopted, though we must admit, that this suggestion does not harmonize with the theories of natural treatment.

In following the principles of strictly natural treatment no half-way measures are of value. You must adhere strictly to the rules if results are to be expected. The patient should, if possible, go to bed and keep quiet. If this is not feasible, at least as little exertion as is consistent with the daily life should be allowed. She should keep off her feet, and avoid the running of sewing machines, dancing and riding on street cars and automobiles. A strict fast of from five to ten days at this time will do more to reduce the inflammation than any other measure. Large quantities of water should be drunk, at least four quarts each day. If fasting is uncomfortable,

fruit juices may be taken. In case of urethral infection the patient should make a practice of urinating every hour.

The question of the douche again comes up. Some of the best gynecologists are declaring against it. The normal secretions of the vagina will combat the disease and with the douche there is always the danger of carrying infection to the uterus and tubes. The vagina has great facility for cleansing itself and throwing off secretions, and the direction of the flow is downward. The very strong astringent solutions commonly used are responsible for the eroding of the outer layers of the mucous membrane, thus allowing the infection to go deeper and producing a chronic gonorrhea. We therefore advise against the too frequent or indiscriminate use of douches, especially when strong chemical antiseptics are used. There is no doubt that there are many instances in which a douche is helpful for the sake of cleanliness, but it should be understood clearly that this is the purpose for which it is employed. A boric acid solution is undoubtedly the ideal agent for the purpose, although a weak saline solution (a teaspoonful of salt in a quart of water) is also very satisfactory. Where there is a very profuse discharge there is no doubt that such a douche is advisable. It should be said, however, that the common fountain syringe douche is not usually very satifactory, inasmuch as there are many folds of the mucous membrane which are not reached. The patient should follow closely the

instructions of her physician in the preparation and use of douches. Self-prescribed treatment is dangerous.

A pad or napkin must be worn for collecting the discharge. This must be changed frequently, the external genitals being washed with soap and hot water at every changing. We might also mention in this connection that the hands must be thoroughly washed with strong soap and hot water immediately after changing the pads. Care must be observed that the infected fingers do not touch the eyes, as a gonorrheal ophthalmia is quickly fatal to sight. The pads must be burned after removal. The bath-tub and towels must be disinfected after use. If there are children in the house they must be protected from possible infection.

During the most acute stage the hot sitz bath should be taken several times daily, lasting from fifteen to thirty minutes. The bowels must be kept free, but the enema must under no circumstances be used for this purpose, as the danger of rectal infection is great. Saline laxatives (a tablespoonful of common table salt in a glass of water, for instance), any of the laxative mineral waters on the market, or regulation with foods, should be relied on.

The fast should be followed by the milk diet, using five or six quarts each day. A combination milk and fruit diet may be used, with four meals daily consisting of a pint or more of milk and whatever fruit is desired at each meal. When

resuming the usual diet, care must be observed not to overeat, to avoid highly seasoned foods, alcoholic drinks, tea and coffee. Flesh foods are better left alone.

Sexual intercourse must of course be forbidden until repeated microscopical examinations show the absence of the gonococus in the secretions of the urethral and vaginal glands.

Pelvic Inflammation.—These include: Salpingitis, or inflammation of the fallopian tubes; oophoritis, or inflammation of the ovaries; peritonitis, or inflammation of the pelvic peritoneum; pelvic cellulitis, or inflammation of the tissues surrounding the uterus and its appendages. These are all dangerous conditions and are usually due to gonorrheal infection, or infection from the use of instruments, abortions, or childbirth. They may also arise by extension of infection from the appendix and bladder.

The mildest stage of pelvic inflammation is a slight inflammation of the tubes, and no damage is done except a small amount of thickening of the walls of the tubes, both ends of the parts remaining open. In the second stage the tubes, ovaries, uterus and intestines are bound together by adhesions, but there is no retention of pus. The third stage is the tubal abscess, known popularly as a "pus tube", in which the pus is retained within the distended tube. This is a dangerous condition as the tube may rupture causing a fatal peritonitis. In the fourth stage the pus has escaped from the tube but is still walled in by the

surrounding peritoneum, forming a large abscess. The fifth stage is an acute general peritonitis, the pus being diffused and not walled in. The sixth stage is a cellulitis or inflammation of the tissues surrounding the pelvic organs. All of the pelvic organs are usually involved in the above conditions.

Symptoms.—There is pain in the lower abdomen which becomes worse as the woman moves about. In acute cases it is so severe that the bed is sought. There is tenderness upon pressure in one or both sides of the lower abdomen, or it may be general over the whole area. There is usually a rise of temperature and quickened pulse. The muscles of the abdominal region are tense. There is usually a leucorrhea. Pain in the back is a common symptom.

In many cases the woman will, with rest, quickly recover from an attack, but the symptoms return at intervals, and as adhesions form there will be more or less discomfort in the lower abdomen. The general health also suffers to some extent. If proper treatment is instituted early, the disease may be controlled and the necessity for operation obviated. This is one of the most common causes of sterility.

Treatment.—If every woman could have the benefit of natural treatment when first attacked with pelvic disease, there would be fewer pelvic organs sacrificed upon the operating table.

Upon the first appearance of symptoms the patient should go to bed and, as in all other illness

with fever, a fast of a few days is indicated. The bowels must be moved daily by means of a warm enema. This will also have a good effect upon the inflammation. The hot sitz is indicated unless it is impossible for the patient to be out of bed, in which case hot compresses may be applied over the lower abdomen. The thermo-light is also of value. A good plan is to apply the hot compresses, or the light, for a half-hour and then apply a cold pack to be left on until dry, when it should be renewed. If there is much restlessness, a warm bath, or a light massage, omitting the abdomenal and pelvic regions, will be found of benefit.

If the condition does not quickly subside and the temperature continues high, the possibility of an abscess should be kept in mind. Repeated fasts may be necessary, especially when the condition has become chronic. In the early stages while there is free drainage through the tubes, recovery should take place quickly. In many cases, even when abscesses have formed, absorption has occurred with full recovery. This is especially true in those cases which have adhered to the fast, or have taken a series of short fasts. After the fast care in diet must be exercised; in fact it will be found most beneficial to adhere strictly to the milk or buttermilk diet for a long while.

After getting up from bed the woman should be careful not to overwork. She should go to bed early, get up late and rest frequently during the day. After all signs of inflammation have dis-

appeared, mild exercise is allowable. If adhesions have occurred, bending exercises and abdominal massage will be found valuable for stretching or breaking them up. Operations for adhesions are usually unnecessary unless there is intestinal obstruction. The adhesions will in most cases stretch and cause no more trouble.

Syphilis

This ailment comes under the heading of venereal diseases. An extraordinary advance has been made in its treatment recently by the medical profession. Seek the aid of a competent physician as early as possible when you have any reason to believe you have acquired the disease. Do not assume the serious risk of hampering with yourself in self-treatment. The following information is presented for the benefit of physicians who are desirous of learning something of the drugless treatment and to assist those who are unable to secure the advice of a competent physician.

This terrible disease is perhaps next to tuberculosis the greatest scourge with which the human race has to contend.

The infecting agent is called the Treponema pallidum. It gains entrance through a minute abrasion, or break, in the surface of mucous membrane or skin. It is probably true that it can not gain entrance through an unbroken surface. As the organism is microscopic in size it

will be evident that the site of entrance may also be microscopic, so that in the absence of visible abrasions one may think there is immunity, when such is not the case.

As to hereditary syphilis, recent studies and investigations have disproved many former ideas. That syphilis is transmitted to the offspring through hereditary characteristics residing in the germ-cells of the individual, is no longer believed, it being known that the child acquires the disease by direct infection from the uterus or placenta. The idea also has been discarded that the apparently healthy mother is immune to infection by her syphilitic child, begotten of a syphilitic father. Also that a healthy child is immune to infection from a syphilitic mother.

The Wasserman test, while not absolutely accurate in all cases, is the best means of diagnosis we have, in the absence of clinical symptoms.

Symptoms.—The first sign of the disease appears about three weeks after exposure, as a small red pimple which increases in size to that of a ten- and often a five-cent piece. This ulcerates in the center. A hardened area appears around the ulcer; hence the name "hard chancre." When located in the vagina the ulcer may be very small and escape detection.

In about six weeks there may be moderate fever with headache, pains in the limbs and digestive disturbances. The throat becomes sore. The glands in the neck and above the elbow swell and

in some cases there may be enlargement of the spleen. Eruptions appear on the skin. These may be reddened areas, raised pimples or pustules, or copper-colored spots. The so-called mucous patches appear at the angles of the mouth, on the tongue, pharynx, tonsils, vagina, anus, and even between the toes and fingers. The hair, eyebrows and eyelashes may fall out, and the finger-nails become brittle or grow irregularly. This stage of the disease lasts for two or three months and is followed by apparently good health. The second stage may be very mild and often is absent.

The third stage appears months or years afterward. At this time the gumma or syphilitic tumors appear. They may appear in any part of the body but especially in the skin, bones and nervous system. They may ulcerate, causing great destruction. In some cases the small bones of the face are entirely destroyed. Large ulcers may appear in the skin. The gumma is tender and painful to pressure. Fever in this stage is common. If pregnant, the woman may abort.

What is sometimes called the fourth stage of the disease appears as constitutional disturbances years afterward. The most common are diseases of the nervous system, as locomotor ataxia, paralysis and insanity.

Treatment.—The person who has contracted syphilis must make up his or her mind that for at least three to five years, life must be conducted according to a very definite and strict plan, if

health is to be restored. All use of alcoholic drinks, tobacco, tea, coffee, highly seasoned foods, drugs and other poisonous substances must cease.

When the primary sore is first discovered it must not be cauterized, nor must any astringent remedy be applied. This prevents proper drainage and seals up the organisms in the ulcer. The best way is to apply something that will keep the ulcer open and running. Never mind if it does not heal quickly. The best local application is the cold, wet pack. This is made by dipping a piece of absorbent cotton in cold water, squeezing it out slightly and binding it onto the sore. These must be changed very frequently, and burned after removal. Clay packs may also be applied in the same manner. If the sore is in such position that it is impossible to bind on the packs, it may be irrigated at least every two hours for ten minutes with cold water, using a sterile enema point and douche can. The stream must be directed onto the sore and allowed to drain away freely. This is all the local treatment necessary.

The patient should take a fast as soon as possible. This should last for from seven to fourteen days, unless the individual is under weight, when a series of two- or three-day fasts may be taken instead. Follow with the milk or buttermilk diet. Outside of milk no other kind of animal food should be used during the whole course of treatment. If milk is not used exclusively, the

diet should consist of fruit, nuts, cereals and vegetables, both raw and cooked. The bowels must be kept free by enemas or laxative foods. Water should be taken freely. Skin action must be promoted in every way. Three hot tub baths per week and frequent cold sponges will help. Fresh air, exercise and sunlight are of course important.

If there are secondary symptoms, the regime must be even more rigid. All of the measures mentioned above should be employed, and, in addition, the full cold-sheet pack should be used every other day and in severe cases daily. The patient should remain in the pack until free sweating is induced. If the patient has taken mercury the induction of sweating will be difficult, but the packs should be continued. If it is summer, sun baths will be extremely beneficial.

In the third stage, or in cases where mercury or salvarsan has been used, the disease must be treated as a chronic one. Many of these cases make very little improvement. They are really cases of chronic mercurial or arsenical poisoning, and the patient recovers to the extent that the organs of the body are intact. Periodic fasts followed by the milk diet must be taken over and over again.

CHAPTER XLVI

Displacements and Their Correction

BECAUSE of the elasticity of the supporting structures, the female pelvic organs are quite mobile, and therefore very subject to displacement. This is true not only of the uterus, but of the ovaries as well, and very often there is an accompanying displacement of the abdominal viscera also. A very large percentage of the cases examined in gynecological clinics show some degree of uterine malposition.

The uterus may be displaced forward or backward, upward or downward, or to either side, but only two of these are of any great consequence, viz. backward displacement, or retroversion, and downward displacement, or prolapsus. You probably know of retroversion as "tipping of the womb," and of prolapsus as "falling of the womb."

The normal position of the uterus varies according to the center of gravity of the body, and the physiological state of the neighboring organs. While lying on the back the tendency is for the fundus or upper part of the uterus to fall backward towards the sacrum; if you are lying face downward, it tends to fall forwards; if on either side, towards the side upon which you are lying; in the standing position it sinks slightly in the pelvis. It also has an upward movement. The

Exercise 1.—The knee-chest position, for the relief of prolapsus or retroversion. This position will give immediate relief and comfort in practically every instance. It is also highly to be recommended for relief from strain and the bearing-down sensation often experienced in pregnancy.

Exercise 2.—A somewhat awkward but very effective remedial exercise for prolapsus, retroversion and the strain of pregnancy. Simply move about the room on "all fours."

Exercise 3.—A strength building exercise of value for prolapsus and anteversion, or for discomfort in pregnancy. There is no abdominal strain, for the effort is accomplished by muscles of the back and hips. Lower the back to the floor to rest, then raise the hips as high as possible, repeating five, ten, or twenty times, according to strength.

full bladder raises the body of the uterus and tends to throw it backward, while the alternate filling and emptying of the rectum also produces some change in position. It may be said, however, that the general position of the uterus is with its fundus tipped forward and the cervix directed backward, the cervical canal being at right angles to the long axis of the vagina.

Although the uterus may be abnormally anteverted, this is of no very great importance unless it is flexed, or bent on itself, at the same time, thus causing menstrual disturbances. Lateral displacements are of no consequence.

Causes of Uterine Displacement.—Acquired malpositions of the uterus of whatever character are all practically due to the same causes. Tell me that you have "falling" of the womb" and I can describe your general condition of health quite accurately, and also your habits of living. You have been since girlhood disinclined to activity, and as a consequence your muscles are weak and flabby, especially those of your abdomen, which may be in a stretched and sagging condition. You have also been a fairly heavy eater and suffer from constipation. You are either very lean, or inclined to be very stout. To keep your figure "trim" you wear corsets which you put on while standing up, thus forcing the abdominal contents downwards.

Among other causes are heavy lifting, active exercise, such as jumping, dancing, and running when in an untrained condition (these are bene-

Exercise 4.—A rest position useful in a case of prolapsus and especially valuable for retroversion. By reclining on an inclined surface provided either by an ironing board, or any other way, the displaced uterus is naturally returned to its normal position through force of gravity.

ficial when the woman is in condition for such exercise); relaxation of the pelvic floor following lacerations in childbirth; habitual constipation, or constant distension of the bladder; the presence of pelvic or abdominal tumors.

One potent cause is getting up too soon after childbirth. At this time the uterus is heavy and its supports stretched and relaxed, and if the woman gets on her feet and does too much moving about before complete involution, or return of the uterus to normal, has taken place, a retrodisplacement, or prolapsus, may subsequently occur. Although some consider it a sign of superior strength and vitality that savage women, and certain women of the laboring class, go about their work immediately after giving birth to a child, in reality this must sometimes be considered their misfortune, as it is well known that displacements of the uterus are very common among these women, many of whom are chronically overworked and have a very poor posture in any case.

Symptoms of Retroversion.—A certain degree of displacement is possible without symptoms, but when there is a decided retroversion the patient may suffer considerably.

You may have been feeling in the best of health, but now you notice that you are not as vigorous as formerly. You tire easily—in fact feel tired all the time. Your sleep and rest do not refresh you. There is a dragging feeling in the pelvic region and at times an intense pain, or an ache, in

Exercise 5.—Exercises taken in a prone position on an inclined plane, by developing strength in the affected parts, tend to make permanent the return of the uterus to the normal position. From the position shown in the preceding photo, simply raise the head and shoulders a few inches. Repeat five or ten times. This exercise brings into play the muscles down the back and also stretches the abdominal region.

Exercise 6.—This is a strength building exercise very effective for the correction of retroversion and prolapsus. While in the prone position, raise first one leg and then the other as high as possible, repeating ten to twenty times.

Exercise 7.—This is a more vigorous variation of the preceding exercise and is intended for the same purpose. Raise both legs simultaneously as high as possible, but without too much strain. Repeat five or ten times.

the sacral region. Your menses are unduly protracted and you have pain at this time. You are constipated and have frequent urination. If there is pregnancy, a miscarriage may follow.

Symptoms of Prolapsus.— Prolapse, or "falling of the womb," may be a slight or pronounced descent into the vagina, or the entire uterus may even appear outside of the vulva, carrying the vaginal walls down with it. In other cases it is simply an elongation of the cervix. Prolapsus is practically a more advanced stage of retroversion. The uterus sinks gradually into the vagina until the cervix appears at the orifice. If the tissues here are relaxed, the entire uterus is soon outside the vagina. Up to this time you will suffer greatly from the continual dragging sensation incident to the stretching of the ligaments. This discomfort ceases when full descent has occurred, and the only distress is the sense of a foreign body between the thighs. The vaginal wall covering the uterus gradually becomes dry and hardened, resembling skin, or it may become eroded and ulcerated.

Treatment of Uterine Displacements. — If there are no symptoms and the condition is discovered in examination, you should not worry about it, as no treatment is necessary, unless you are married and you think the displacement is preventing you from becoming pregnant. If you have decided symptoms, however, and the trouble is undermining your health, it must be attended to before a more advanced stage is reached.

Exercise 8.—This is an ideal rest position for the relief of falling of the womb and the strain or bearing-down sensation often experienced during pregnancy. You will find that it will give you an immediate, extraordinary and refreshing sense of rest. It actually works like a charm in conditions where there is much congestion and pain due to prolapsus, weakness, or strain. It may be well to assume this rest position for from five to ten minutes at a time at various periods throughout the day. This position and all of the following exercises taken in this position are also invaluable in the relief of varicose veins in the legs, from which many women suffer during pregnancy.

In many cases the uterus must be put back into position by manual means. This, however, is not of much use unless it can be kept there. For this purpose the vagina is sometimes packed with gauze or pledgets of cotton, but these must be removed in twenty-four hours and are therefore not very effective. The pessary is often used and this is more practical, and is useful temporarily when the woman is obliged to be on her feet continually, and some relief is necessary. The pessary is often the cause of inflammation and leucorrhea, and ulceration may occur from pressure. Therefore it should not be worn continually, and other treatment should be undertaken with the idea of discarding the pessary as soon as possible. Frequent douches are necessary during the time the pessary is used, and these, too, are objectionable. The pessary, therefore, should only be used when absolutely necessary

Before any permanent cure can be expected the tone of the entire muscular system must be improved. Some system of exercise which uses every muscle should be adopted. The effect of exercises is not alone on the voluntary muscles; the involuntary muscles and the ligaments also are nourished and toned up by the increased circulation. We know of various cases where nothing of a local nature was done, and with general exercise alone the condition was corrected. Of course if the uterus is bound down by adhesions, it can not be restored to position until these are broken up or stretched by manual means.

Exercise 9.—Exercises taken while lying on the back on an inclined plane, with the feet upward, will strengthen the parts affected in all forms of weaknesses of women, and will help to make permanent the return of the uterus to the normal position. In this exercise only the head and perhaps the shoulders are raised a few inches at a time. Do not attempt to rise to a sitting position. The abdominal muscles are actively brought into play by the mere raising of the head, as you will find. Repeat ten or

In some cases, and especially if there is complete prolapse, the services of a physician are necessary in replacing the uterus. However, there are certain positions which may be assumed by the patient herself that will cause the uterus to return to its proper place. For instance the knee-chest position may be taken. Kneel down on the bed, or other comfortable soft surface. With head forward and chin on chest bend far forward until the chest and abdomen bear heavily on the legs. It will readily be seen that in this position the tendency is for the uterus to fall forward to its normal position. You should take this position several times daily for from five to ten minutes at a time. While in this position place the fingers of both hands on the "small of the back," and then attempt to harden or flex these muscles. You may secure a result not unlike the sensation of "straining at stool," which will indicate that the exercise is taken correctly. Repeat until the muscles tire.

The knee-chest position is hard for some women to assume and for such the slanting table is useful. This is a table one end of which is at least a foot lower than the other. A carpenter will make it for you, or any one in the home who is handy with tools can easily do it. Or you can elevate one end of a couch for the purpose. The ironing board, or any other board two feet wide and five or six feet long, may be used, by placing one end on a chair or the window sill. The patient lies on this, either on the

Exercise 10.—All leg movements are of the greatest possible value in correcting prolapsus, and performed in this position are of great value in correcting any form of female weakness. Raise one leg at a time to a vertical position, alternating and repeating ten or twenty times.

Exercise 11.—Raising both legs from the board to a vertical position is a more vigorous exercise than the preceding one. If not strong, this exercise should not be attempted at once, but a little later will give variety and greater effectiveness to exercises. Repeat five or ten times.

Exercise 12.—This is an exercise involving a "scissors" action of the legs performed in the inclined position. Without lowering the feet to the board, simply swing them back and forth scissors fashion, as shown in the photograph. The wider the swing of the legs, or in other words, the greater the kick in each direction, the more effective the exercise. Repeat ten or twenty times

back, or face down, with the head at the lower end. For retroversion face down. You may lie quiet on this table for ten minutes to an hour at a time, several times daily, or certain exercises may also be taken on it. For instance the legs may be raised alternately upward. The body may be raised by straightening the arms, and then lowered. The legs may be alternately moved outward. After a time exercises may be taken while lying on either side and also upon the back, such as moving the legs to the side and upward, alternately and together. All of these exercises will develop the muscles of the abdominal and pelvic region, which is very important.

Another very valuable exercise is to contract the muscles of the anus and the constrictor muscles of the urinal canal—in plainer terms the muscles that are used in urinating and in defecating. Make it a point to contract these muscles a number of times while on the slanting table. They can also be exercised advantageously while lying in bed.

After taking the exercises it is well to lie quiet, face downward, for a few minutes before getting off the table. This is the most important part of the whole treatment, and we know of many cases which have been benefitted. Sleeping chest downward is also of value.

The use of the cold sitz bath will tend to bring the blood to the pelvic region and thus tone up the muscles and ligaments. This should be taken daily, for from one to four minutes, according to

Exercise 13.—This is a variation of the preceding "scissors" exercise, the action of the legs in this case being crosswise instead of in line with the body. With the legs held perpendicularly, spread them apart one or two feet, or as far as you can without strain, and then cross them as in the illustration, alternating by crossing the left leg above and below the right. Repeat ten or twenty times.

the temperature of the water, being discontinued of course, during the menses. If there is inflammation use the hot sitz.

In case of complete prolapse, or "falling," after replacement of the uterus, the woman should go to bed for several days, remaining most of the time in the prone position. Large pledgets of cotton attached to a string may be introduced into the vagina to prevent the uterus from descending again. These must be changed daily. If the woman is not obliged to work, or be on her feet for a considerable part of her time, we would advise the avoidance of pessaries, or supports of any kind, the exercises mentioned being relied upon for the relief of the trouble. If one continues in bed for any length of time, it is especially important to take the reclining exercises mentioned, including all possible leg movements for strengthening the abdominal region.

CHAPTER XLVII

Tumors

MANY women, if asked to name the disease they fear most, would at once mention cancer, and, indeed, not only cancer, but all forms of tumor are the dread of every woman.

Correctly speaking, any swelling is a tumor, but pathologically considered, a tumor is a circumscribed new growth of tissue, or a neoplasm. In other words a tumor is simply an overgrowth of the tissue in which it originates, as it is composed of the same kind of cells, this fact being made the basis of a histological classification of tumors, according to the four fundamental embryological tissues, viz., nervous, muscular, epithelial and connective.

For practical purposes, however, tumors are classified according to their ultimate effect upon the body, as benign, or those which do not of themselves disturb the general health and well-being of the individual, and malignant, or those which do. Certain cysts and fibroid tumors are usually classed as benign, and carcinoma and sarcoma as malignant. The malignant tumors are commonly called cancer. That this classification is not a constant one is seen by the fact that the most benign tumor may change into a malignant one.

Many theories have been advanced as to the cause of tumors, and especially of cancer, but as yet medical science has no reliable information to offer on the subject.

Some think the new growths are due to cells which have been misplaced by Nature in the development of the individual, and for some reason have suddenly begun to multiply; others, that bacteria and protozoa may be the cause; others again that the mutual relationship between cells or groups of cells is destroyed and the normal restraint of growth removed, resulting in rapid proliferation. Still others believe that irritation, mechanical, chemical, or other, stimulates reproduction of cells.

It is certain that tumors are dependent upon the blood and lymph for their nutrition, and this being so it seems reasonable to suppose that toxins might be carried to and retained in cells, thus producing a continued irritation, which Nature attempts to combat by producing new cells. In other words the chief cause of tumors, including cancer, is the retention of foreign substances in the blood, and this again is due to faulty elimination and the ingestion of toxic material, in the shape of too much food, wrong food, drugs, serums, and antitoxins. Cancer seems to be more prevalent among meat-eating nations, but as it is also found among vegetarians, we must look for a deeper cause. It is probable that meat simply introduces a certain amount of poison into the system and thus is a potent factor in the

general toxicity of the body. Excesses in certain foods, cooked foods, lack of organic salts, alcohol, and intestinal fermentation, have all been mentioned as contributing agents. Beneath it all is poison.

Tumors sometimes arise following a blow, as in the case of cancer of the breast, and sarcoma of bone. In such cases cells are injured, and the surrounding tissues are irritated by the substances formed in the decomposed cells. We also know that the constant irritation of a broken tooth will induce cancer of the mouth or tongue, as will the continual irritation of a pipe or cigar on the lip. Fundamentally however, even in these cases, there must be the condition of either toxic blood, or poor circulation.

Fibroids.—These are the most common tumors affecting women, and, although occurring in various parts of the body, the most common site is the uterus. They are more often present in early and middle adult life, and have no connection with childbearing;—in fact they are more common in the unmarried and in married women who have no children. Cancer is more common in women who have had children.

The tumor may be very small and grow very slowly, or remain small, in which case it presents no symptoms and causes no trouble, and usually needs no treatment. If not in the inner layers of the uterine wall it is usually no bar to pregnancy and normal childbirth. In many cases, however, it grows slowly and may become very

large, causing destruction of surrounding tissues and pressure symptoms in other parts of the body. It may also ulcerate and cause hemorrhage, and undergo malignant degeneration, so you can readily see that the name benign tumor does not mean much. About the first symptoms of uterine fibroid are disturbances of menstruation, such as painful and profuse, or continued, flow, and in some cases diminished flow. There may be sterility and, if pregnancy does occur, occasionally abortion. There may be a persistent leucorrhea. As the tumor increases in size there are symptoms referable to pressure, as pain, varicose veins and edema of the lower extremities, piles, constipation and urinary difficulty. Death rarely results from the tumor itself, fatality being due to complications and disturbance of functions of other organs through pressure.

Cancer of the Uterus.—The uterus and the surrounding tissues are the most common seat of cancer in the human body. It may be either carcinoma or sarcoma, and starting at any one point will spread rapidly, destroying all tissues in the locality. It may begin in the cervix, the body of the uterus, the vagina, the tubes, or the rectum and bladder.

The first local sign is usually a small abrasion or ulcer which bleeds when touched. Gradually there is a thickening and ulceration of the tissues, which may become infected and suppurate. Secondary growths may appear elsewhere. The woman first notices a continual leucorrhea with

an occasional tinge of blood. Cancer of the uterus is more common in women past the child-bearing period of life; therefore any show of blood at this time is a cause of suspicion and warrants a careful examination. Symptoms of tumor in a woman past the change-of-life period are more apt to indicate cancer than fibroid.

As the growth and destruction progresses there will be occasional hemorrhages and a watery leucorrhea, brownish in color, and in carcinoma possessing a characteristically foul odor. As the disease progresses the general health suffers, the patient gradually becoming emaciated, the skin a yellowish-brown color, and the strength depleted, all of these constituting the so-called cancer cachexia. The usual duration of the disease is from one to three years, depending upon the rate of growth. When the condition is localized and there is no absorption of toxins into the general system there may be no constitutional symptoms and the condition may not be discovered until great destruction has taken place. The worry incident to the condition often helps to run down the health. When the body of the uterus is first attacked pain is one of the earliest symptoms. This may be of a burning character, but at times is sharp and extends to the back and down the thigh.

Polypi.—These consist of small tumor-like growths attached to the mucous membrane of the uterus. They are soft in consistency and bright-red in color. They are very vascular and

bleed easily. The symptoms are hemorrhage and a continued leucorrhea, together with inflammation of the uterus, menstrual pain, abortion or sterility.

Cysts.—These are most often found in the ovaries and tubes. Ninety-five per cent of the tumors of the ovary are cystic. A cyst is a circumscribed area containing retained secretions from a gland, or fluid from inflammation of suppuration. The most common cyst of the ovary is called a proliferating cyst, from its habit of forming multiple cysts within itself. This is the one usually spoken of as ovarian tumor. When small there are no symptoms, and they seldom give rise to any serious trouble. They grow slowly and may not be discovered until they have attained a very large size. The first symptom noticed is a sense of something heavy in the lower abdomen and a feeling of pressure. A little later a slight enlargement is noticed, which may give rise to a belief that pregnancy has occurred. There are menstrual disturbances, bladder irritability and constipation. The bowel movements may be painful. The pressure of the growing tumor may cause swelling of the lower limbs and pain. Dyspepsia and other gastric symptoms may be present, due to pressure on the stomach and intestines. There may be progressive weakness and emaciation. Rarely there may be a local peritonitis, with fever and severe abdominal and pelvic pain. Severe hemorrhage from the uterus has occurred, and rupture of

the cyst from a fall or blow, followed by a fatal peritonitis, is possible.

Breast Tumors.—The breast is really a very delicate organ, and especially subject to new growths, particularly following injury, or glandular disturbances. Fibroid tumors of the breast are fairly common. These grow slowly, but may become quite large and may finally ulcerate through the skin and project from the breast in fungoid-like masses, which may be mistaken for cancer. This tumor destroys the glandular tissue of the breast by pressure.

The most destructive tumor of the breast, however, is carcinoma, which occurs most commonly in women between the ages of thirty-five and fifty-five. It begins as a small hard lump which gradually enlarges and spreads until the entire breast and the adjacent tissues are involved. The cancer may ulcerate through the skin or remain deep-seated. In many cases the nipple is retracted until entirely out of sight. Pain is a most constant symptom, and signs of inflammation may be present. The glands under the arm enlarge and may become tender.

All lumps in the breast are not cancer, but any nodule should be carefully watched and if it enlarges, cancer should be suspected. Retained secretions in the glands or milk-ducts often produce hard lumps very similar to tumors.

Whenever the breast has been bruised in any way it should be immediately treated by the application of hot and cold packs to stimulate circu-

lation and promote absorption of the transfused blood. Nodules or lumps should never be manipulated or massaged unless their true nature is known, as malignant growths increase more rapidly when thus stimulated.

Treatment of Tumors.—We might be criticized for taking up the treatment of tumors under a general heading, for many who have been accustomed to think of cancer and tumor as separate entities, and due to different causes, will imagine that a separate form of treatment is necessary for each type of tumor. As we have shown, all tumors are due to the same cause, and only differ according to the tissue in which found, and the intensity of the causative agent. Tumor, including cancer, is not a local condition, but is the local expression of a constitutional disease.

Early and complete removal by surgical operation is the classical treatment for all forms of tumor. Where the growth is still localized this may be efficient treatment, if accompanied by constitutional treatment which is designed to purify the blood and remove the cause, but without the constitutional treatment, the tumor may return and more rapid decline follow.

The use of caustics, X-Ray, Finsen lights, radium and other forms of treatment have all been tried with great hopes that at last a cure had been found, but all have been failures. Indeed in many cases the means used for a cure have hastened the growth of the tumor.

The best of the local applications, which is

still in its infancy, but which promises most as far as local treatment is concerned, is the application, by suitable apparatus, of intense heat, which literally cooks and chars the tumor without injuring the normal tissues.

But what is the real cure for tumors and cancer? If local treatments have failed, why not try what constitutional methods will do, and get at the seat of the trouble, by removing the cause.

First of all we should live in such a way that tumors are impossible. All women should get out of doors into the fresh air and sunlight more, and take active exercise.

Next, the intestinal tract must be made as clean as possible, preferably by a diet of uncooked food, or one in which fruits, green salads and other raw foods predominate.

Hot applications may be used for the relief of pain, and in cases of pelvic tumors with pain, the hot sitz bath is effective.

CHAPTER XLVIII

Womanly Periodicity

IN order to take proper care of herself it is necessary for every woman to have a more or less complete understanding of the special functions of her reproductive system. This is of especial importance for the young wife, and we will, therefore, turn to a consideration of the part played by the reproductive organs in the life of the woman.

By many people, sex is looked upon very largely as though it were not only centered in, but entirely encompassed by, the creative organs. In reality, sex permeates every atom of the body. Every molecule of the woman's organism expresses the characteristic of femininity which is, in its essence, passive, negative, constructive. The masculine element, on the other hand, is positive, active and destructive. This difference between the two principles is manifest even in the very lowest forms of life. A one-celled organism which is feminine in its characteristics tends to remain in one spot and to accumulate more cell material than is needed for its immediate existence. As a consequence, this cell is sluggish in its movement and increases in size. A corresponding masculine cell is much smaller because, by its ceaseless activity, it consumes the greater

part of the cell material which it is able to build from its food supply.

The problem of life is living, and this problem is the same for every organism, whether unicellular, or multicellular. The continuance of life means, not alone maintaining the life of the individual, but also continuing the life of the species.

We see this problem in its simplest terms when we consider the life of some protozoon, for example. Here we find a one-celled creature which has no organs set apart to perform different functions, but simply exists by means of the absorption of food through the cell wall. Its life depends upon the maintenance of a certain ratio between the amount of surface as compared with the bulk of the organism. When the bulk has increased to such a degree that it can no longer secure a sufficient amount of food through the surface, the life of the individual is doomed unless some means can be found for increasing the amount of surface. There is but one way for this to take place, and this is by the division of the single cell into two smaller ones. It is in this way, therefore, that the stream of life is continued, and this is, fundamentally, the reason for the process of reproduction.

In the higher forms of life, instead of one single cell we find many cells grouped together to make up the organism, and the work which is necessary to sustain the life of this creature is divided up between different groups of cells, which are called

organs. Some of these organs are necessary for carrying on the life of the individual and some are essential only to the continuance of the life of the species. In some of the earlier forms, all of the necessary elements for the reproduction of life are found within the one organism. In later forms, however, two different organisms are essential to the reproductive process; one producing the feminine element, the other, the masculine element. These two must unite in order that a new life may come into existence.

This differentiation between two individuals is an expression of the law of sex, and very evidently has for its purpose the production of greater possibilities of variation and ultimate improvement in the species.

It gives us a truer conception of the rightful place of sex in life when we realize that the manifold varieties of different species owe their origin to this great principle of sex. For example, there was in the first place but one kind of a rose, the wild sweetbrier, and from this, we are told, by the process of selection made possible through the law of sex, have been developed the many hundreds of varieties with which we are familiar today. So we may enumerate the various forms not only of plant life, but also of life in the animal kingdom. We cannot begin to measure the blessings that have come to mankind through this most essential and invaluable law of sex.

It may be of value to us, in arriving at an un-

derstanding of the functions of woman's creative organs, to contemplate, for a few moments, the process which takes place in the early development of the embryonic life. As soon as the sperm cell, or the masculine element, has united with the egg cell, or the feminine element, there begins in the resultant single-celled organism a marvellous division and sub-division which, in a remarkably short space of time, results in a form which is composed of a great number of tiny cells, held together in a spherical mass and having the appearance of a mulberry.

If you were to be told that a human body was to develop from this mass of cells, and were asked to apportion the amount which you thought would be needed, in the first place, for the creative organs alone, and, in the second place, for the entire remaining portion of the body, you would, without doubt, divide the cellular mass into a larger and smaller portion to correspond with the size of the body and the creative organs. It may, therefore, be of interest to you to know that, when this part of the developing process is reached, one single cell is set aside for the purpose of being developed into the whole complicated organism of the body, which grows about and surrounds the remaining mass, destined to form the creative organs. It becomes evident that the body, therefore, exists for the purpose of protecting this living germ plasm, which is thus preserved until the time has come for it to take up its special work. This special

work, in reality, is but the resumption of the process of division, or of budding, which resulted after the initial union of the masculine and feminine elements.

When the infant is born, this original germ plasm, with its accompanying organs, is enclosed within the body of the individual. The creative portion of the organism, however, is, as it were, asleep, and remains dormant for the first ten years of the life of the individual. Then, at last, it begins to show some activity.

The first work of the creative organs has to do with the making over of the body of the individual to prepare it for its later share in the work of reproducing the life of the race. This first work consists of the secretion of a fluid, called an internal secretion because it is entirely retained within the organism. This marvellous fluid is taken up by the blood and carried to every portion of the body, which at once begins to undergo changes.

This process is begun at the very center of the being and does not, therefore, make itself evident for several years. There comes a time, however, when we see the body beginning to grow very rapidly and the child becomes, as we say, all arms and legs. In other words, the bony framework has felt the effect of this wonderful fluid and has begun to elongate itself. Sometimes the bones grow more rapidly than do the muscles, resulting in a stretching of the latter that causes what are known as growing pains. Every organ of the

body feels the revolutionary effect of this internal secretion, and more evidences of its work become apparent. We find the little girl advancing into womanhood, taking on the curves which are natural to the woman's figure, and all of the other graces which belong to femininity.

In the meantime, the secretion has also been busy building up the creative organs themselves, until, when the little girl has reached twelve, or thirteen, or fourteen years of age, these organs themselves begin to function.

As has been said, the functioning of the creative organs is, in reality, but a continuance of the dividing process which first took place in the germ plasm; only now, instead of the cells remaining together, once every twenty-eight days approximately, one little cell is budded off from the germ plasm and starts on its own individual journey through the bodily organs.

In the lowest cavity of the body, called the pelvic cavity, are suspended the creative organs. these consist, in the first place, of a small, pear-shaped organ about three inches long, two inches wide, and flattened a little from front to back so that it is only a little more than one inch through at the thickest portion. This is the uterus, or womb, to give it its English name. This organ is suspended with the large end uppermost and the small end entering the canal called the vagina, which leads to the exterior of the body. On either side of the uterus lie two small bodies about the size and shape of an almond. These

are the ovaries, and it may be of interest to know that they contain approximately thirty-two thousand ova, or egg cells.

The uterus is suspended by means of two broad ligaments which are attached to its sides and pass from it to be fastened to the inner sides of the hip bones. The ovaries lie enclosed in a fold of these broad ligaments. The uterus is attached also by two round ligaments; one coming from the front of the organ and being attached to the pelvic bone, the other coming from the back and being attached to the end of the spinal column. Thus the uterus hangs suspended by two broad bands and two cords. From the upper and larger end of the organ extend on either side, the Fallopian tubes, which end in what are known as the fimbriated extremities, or, in plain English, a fringe, which is like tiny fingers.

As has been said, approximately every twenty-eight days an ovum which has already risen to the surface of the ovary, ripens, bursts open its particular covering, and comes out into the pelvic cavity where it may be caught by the moving fringe of the Fallopian tube and so be passed into this passageway, through which it progresses slowly toward the uterus. It continues its process of development while advancing through the tube and if, on its way, it encounters one of the living sperm cells, which is the masculine contribution to a new life, the two unite and fertilization takes place. The impregnated ovum there-

upon finds for itself a resting place in the soft folds of the lining membrane of the uterus, where it begins at once the marvellous process of division and sub-division which has already been briefly described. Nourishment is needed, however, for the continuance of this new life, and that is furnished by the mother's body. An extra supply of her blood is at once sent to the uterus and goes to the upbuilding of the new organism.

If the ovum is not impregnated, however, it is of no further use and passes on out of the body. In order that no new life shall start, however, without its needed nourishment, every time this process of ovulation is gone through with, an extra supply of blood is sent to the uterus and then, as it is not needed, it also passes on out of the body. This process is called menstruation.

It will be seen from this description that menstruation is not an illness. It is a perfectly natural bodily process, and, without any doubt, was not intended to be a source of suffering to women, nor to interfere in any marked way with their ordinary activities. That in many cases it has become a cause of pain and a distinct handicap to woman in her activities is due to the unnatural conditions under which the human race has lived ever since the begining of civilization. Without any doubt, primitive woman did not suffer so great a loss of blood each month as does the woman of today and endured no pains there-

with, just as childbirth was, to her, a mere transient experience which caused her but little inconvenience.

One of the most widespread misconceptions of this function is that the blood that comes away from the body at this time is, as it is commonly phrased, bad blood, and that the loss of it, therefore, is of benefit to the body. This is a mistaken notion. The blood which is sent to the uterus at this time is of as pure a quality as any in the body, and its excessive loss—beyond a certain natural limit—must always be a detriment to the organism.

It must be understood, in the first place, that the uterus is lined with a membrane which corresponds to the lining membrane of the lips or the eyelids. A moment's scrutiny will show that this thin, transparent membrane is filled full of a fine network of tiny arteries through which the blood flows, giving to it a rich, red color. So also is the lining membrane of the uterus filled full of tiny arteries. At the menstrual period these arteries are filled so full of fluid that their walls are stretched thin, as is a piece of rubber when stretched taut. Through these thin walls the blood slowly exudes, gathering on the inner surface of the uterus until it has gained enough volume to move slowly on its way out of the body. Now, it will readily be understood that when the lining membrane is thus engorged with blood, the organ is very much heavier than at any other time during the month. At the same

time, the muscles are more or less relaxed in tone, so that the whole group of pelvic organs tends to sag downward. To relieve this sagging, girls are taught to spend as much time as possible in a reclining posture for the first day or two, when the organ is most heavily weighted with extra fluid. This care will often prevent a permanent sagging of the organs which might ultimately result in increasing the suffering at this period.

It also becomes apparent why it is so necessary to avoid getting the feet wet at this time, or running any risk of taking cold. Sitting upon the damp ground, or upon a cold stone, is particularly dangerous, because it may cause a checking of the flow, resulting in a congestion which may become more or less serious.

There have been cases in which young girls have rendered themselves invalids for life because, through ignorance, they attempted by cold bathing to stop what seemed to them a manifestation of some serious hemorrhage. Fortunately, mothers of today are generally aware of the importance of giving their daughters proper instruction before this function has begun, so that such mistakes are much less frequent than they may have been in years gone by.

Girls often resent the necessity for taking special care of themselves at this time, and sometimes even seem to think it an indication of a praiseworthy strength of mind and will to refuse to exercise a little common-sense caution.

There are, of course, many young women, and it may be that the number is increasing, who do not find it necessary to pay any especial attention to themselves at this time of the month. They are able to go on about their ordinary occupations without suffering any pain, or any other marked inconvenience. There are others, however, who, if they persist in their customary activities for the first day or two, either suffer a great deal of pain, or else find themselves flowing for an undue length of time. It is generally considered that normally the flow should be ended by about the fourth or fifth day. If the period is extended over a week it should be looked upon as abnormal and an effort made to discover and remove the cause. It will be found, in a good many of these cases that remaining in bed for the first day or two will bring the function to a close within the proper period of time. The young woman who refuses, through a false pride, or for any other reason, to exercise this care over herself, and who finds herself as a consequence flowing for two, or three, or even four weeks at a time, should understand that she is deliberately weakening her system. She cannot afford to lose this amount of blood and will eventually finds herself growing weaker, prone to backaches and headaches and very readily falling a victim to various infections. Instead of foolishly refusing to pay any attention to what she considers to be a negligible weakness, she should begin at once not only to keep herself

strictly in bed for the first two or three days of the period, but also to put herself upon a severe regime during the intervening time. She should exercise regularly, have plenty of out-door air and, possibly, a cold spray in the morning.

It is especially important that young girls should exercise this special care over themselves during the first year or two of menstruation. When the function is once thoroughly established, it may not be necessary to be so careful.

The question of bathing at the menstrual period is one upon which a diversity of opinion may be heard. Formerly it was the custom to warn women against any bathing at this time. More recently, however, physicians have begun to agree that it may be possible for baths to be taken at this time without any unfortunate results. The matter is one, probably, which will have to be decided more or less in accordance with the requirements of the individual. For example, the young woman who is in the habit of taking a cold plunge every day will, in all probability, be able, at this time, to take a cold spray without feeling any deleterious effects. On the other hand, a young woman of a less vigorous vitality who, under ordinary circumstances, has difficulty in reacting from a cold spray, could not possibly continue during the menstrual period.

Extremely hot baths also are not desirable, as they induce a larger flow and are more or less weakening. What is called a neutral bath, that

is, at about the temperature of the body, is the kind best suited to the majority of women during these periods and may, therefore, be recommended.

The hot sitz bath is often found to relieve pain, especially in cases of delayed and scanty menstruation. In other cases of painful menstruation resulting from an undue congestion in the parts involved, a hot foot bath, which restores the general circulation of the blood, will be found efficacious.

The most potent cause of painful menstruation is the misplacement of the uterus for one reason or another. It may be tipped forward or back, on one side or the other. When only tipped to a slight degree it may cause but little discomfort, but when sharply turned upon itself it may cause great suffering. It is important, therefore, to consider possible causes for the misplacement of this organ.

In the first place it will readily be seen that a wrong standing or sitting posture will be productive of harmful results. The girl who constantly sits upon her spine is tipping the uterus backard into an unnatural position. The same may be said of the one who stands incorrectly.

One other very common cause of displacement of this organ is constipation. It must be remembered that directly over the uterus is the alimentary tract. There are approximately thirty feet of small and large intestines which hang suspended in the abdominal cavity. If these are al-

lowed to become packed full of effete matter, they become very heavy and pull down upon their supporting membranes until they may rest upon the organs beneath in such a way as to push them out of place. For this reason it is most important for young women to learn how to avoid getting the habit of constipation, for constipation, it must be understood, is not an illness. It is simply an unfortunate habit.

While the statement is made that the process of ovulation and menstruation takes place every twenty-eight days, the period is not the same for all individuals, although it should normally be the same for each individual. For example, one young woman will menstruate every twenty-eight days, another one every thirty days, and another one every twenty-seven days. Whatever the period, it should be regular with the individual. If the menstrual period recurs more frequently than every three weeks it would seem to be an indication of an abnormal condition which should be overcome and probably can be mastered by careful, healthful living.

Frequently the statement is made that because a young woman did not establish the function of menstruation she went into a decline; it may be, had consumption and passed away in her early youth. The truth of the matter is she did not menstruate because she was already in a decline, and did not possess the vitality required for the establishment of this additional function.

It will be found also that a woman who allows

herself to become thoroughly run down may stop menstruating and think that something serious has happened to her. Restoration of her general health will re-establish the monthly period.

Connecting the womb with the exterior of the body is a muscular tube called the vagina. The external opening of this tube may, in childhood, be guarded by a thin fold or veil of mucous membrane. This stretches across the opening of the vagina like the head of a drum and is called the hymen. It has been supposed by many to be a complete veil across the entrance and its presence, therefore, to be an indication of virginity. If a man marries with the old idea that the hymen is always present in virgins he may do his wife a great injustice by assuming that she has strayed from the path of virtue because he fails to find this physical sign present in her. It is, therefore, rather important for young men as well as young women to be made acquainted with the real facts in the case.

It is true that sometimes the hymen completely obstructs the vaginal opening. Occasionally, however, the membrane is perforated in several places. More frequently, there is one opening with ragged edges. Normally, however, it is perforated at or near the middle by a round or oval opening which may be easily enlarged by stretching. Sometimes the hymen is but little more than a circular ridge or flange projecting toward the centre of the vaginal tube, or it may be en-

tirely wanting along a part of the circumference. Frequently, it is entirely absent.

It would seem that the customary care of the body exercised by many women also tends to either prevent the development of a distinct hymen or, what is more likely, to destroy it after it has been imperfcetly formed. Without doubt, the local douches which are so frequently prescribed and other forms of local treatment may have the same effect.

These being the facts, it becomes evident that the presence or absence of the hymen has practically nothing to do with the question of a young woman's chastity. If this fact were thoroughly understood, it doubtless might have the effect of removing a good deal of the nervousness which brides feel upon the advent of the wedding night.

There is also another reason for definite instruction upon this point. If the hymen is a complete membrane and difficult to penetrate, the husband may have to exercise great consideration to avoid causing intense pain to his wife in the first approaches toward the consummation of marriage. Under such conditions the utmost gentleness on the part of the husband is called for, and in all probability, the wisest thing will be to have the wife examined by a competent physician and the necessary measures taken for relieving the situation. A little local treatment, such as stretching of the hymen, may be all that is necessary. Upon occasion, a slight operation may be needed.

CHAPTER XLIX

Determining Sex

A great deal of attention, both scientific and other, has been given to the subject of the pre-determination of sex. The majority of people feel that they would like to have the power to say to which sex their child should belong. In the case of ruling families and those with great wealth to dispose of, it has generally been considered desirable to have the first child a boy and, if any one had been able to discover an absolutely certain method for determining beforehand the sex of the child that was to be born, that individual would probably have coined a fortune that would be the envy of even a Rockefeller. A good many persons have thought that they had a sure way of fixing the sex of the child before it is born; but although these methods seem sometimes to have produced the desired result further experimentation has as a rule proved them to be unreliable.

The law of chance must be taken into account whenever one attempts to prove the trustworthiness of any theory. It may be quite true that a certain couple followed a prescribed regime for producing a child of the male sex and the infant born to them may have been a boy. Nevertheless, this does not prove that the method pursued was a cause of the result. The child might have been

a boy in any case. If the same method, used upon another occasion or by other individuals, should fail once to produce the desired result, the method would thereby be proven to be not absolutely infallible.

In the first place, it is interesting to consider the relative number of the sexes, not only in the early years of life but also in the later age periods. The study made of this subject seems to assure us that a few more males are born into the world than females. The average in civilized countries during a long series of years is about 105 boys to 100 girls. The fundamental difference between the sexes is clearly shown even at this early period of life in the relative vitality of the two sexes. As the female is the constructive half, tending always to remain more or less passive and, therefore, able to store up material for future use, so we are not surprised to learn that female infants are more tenacious of life than are male children. They more easily resist the diseases incident to infancy and childhood, so that at the age of puberty it is found that there are a few more girls than boys. This difference increases until the years of maturity, when we find that there are about 105 adult females to about 100 adult males.

This difference between the vital resistance of the boys and girls in early childhood is known practically to all who have the care of infants. Every mother of a family realizes the greater difficulty which she experiences in bringing her

boys to maturity than in rearing her girls. Of course, it is easy to be seen that this added vitality is needed by woman in order to enable her to pass through the increased demand made upon her system by the process of gestation and birth. In spite of the dangers incident to maternity, the number of women markedly increases in proportion to the number of men throughout the years of life, these dangers being offset among the male population by the effects of war, lust, narcotism, machinery, exposure to inclement weather and similar exigencies. In an ideal state of society the number of men and women would be aproximately equal, thus insuring the possibility of a mate for every human creature.

There have been many superstitious beliefs in regard to sex determination. Some have thought that the organs on one side of the body produced female germs, the organs on the other side of the body produced male germs. Some have thought that it depended upon the comparative vitality of the germ cells, those of more vitality resulting in males and of less vitality in females. This doctrine, however, is contrary to the proven facts of sex differences. Some have thought it depended upon whether the husband was older than the wife, or whether one parent was more vigorous then the other. Some have thought that it depended upon the age of the mother.

One of the theories which has seemed to have more possibility of truth in it than these superstitious beliefs has pointed to the differences of

sex as being determined by the abundance of the food supply. For example, it is known that more males in proportion to the number of females are born immediately following a war than at other periods. Some have claimed that this was because of the lessening of the food supply, due to conditions resulting from the lessening of the productivity of a nation as a result of the great number of workers that have necessarily been called into the war service. Those who believe in this theory also point to the well-known method by which bees develop workers (females) by giving them a larger food supply than is given to the drones (males). The theory, however, has never been satisfactorily proven.

A much more probable theory seems to be that known as Thury's law, because it was first announced by a veterinary surgeon of that name at the Academy of Geneva. He studied the subject of sex determination while engaged in raising horses, cattle and other domestic animals. His conclusion was that sex is determined practically at the time at which the ovum is impregnated. He seemed to establish the fact that if fertilization occurred early in the fertile period the resultant offspring would be female. Another investigator put forth his theory as follows: "Sex depends upon the degree of ripeness of the female ovum at the time of its fecundation. If an ovum has reached the highest degree of ripeness when impregnated, a male is sure to result." It is apparent that this last conclusion

is based upon the belief that the male, both structurally and functionally, is more perfect than the female and must develop, therefore, from the more mature and complete ovum. According to this, if impregnation occurred immediately after the close of a menstrual flow—when, as a rule, the ovum is not fully matured—the result will be a girl; but if, through a high nutritive condition of the mother, the ovum be fully ripe at the time of fertilization, the result will be a boy.

It is particularly interesting, in view of the above, to turn to a recent study conducted by a German scientist which appeared in a medical journal in September, 1916. This scientist has been charting data obtained by comparing the date of a soldier's brief furlough with the pregnancy of his wife. These charts demonstrate that conception was most likely to occur when the soldier reached home during the first days after cessation of the menses. The probability of conception then grew progressively less until almost constant sterility was the rule for the woman during the days preceding the next menstruation. For the purpose of seeking to discover the laws predetermining the sex of a child, he divided the inter-menstrual period into three phases: one, from the first day of menstruation to the ninth day; two, from the tenth day to the fourteenth day; and, three, from the fifteenth to the twenty-second day. (The remaining six days are not considered as the woman may be regarded as sterile during this phase). He obtained data

along these lines in eighty cases; the pregnancies dating from the first period gave thirty-seven boys and seven girls; the second period, four boys and eight girls; and the third period, three boys and twenty girls. This would tend to prove that the male resulted from the unripe ovum which would accord with our present understanding of the law of sex itself.

My own opinion in reference thereto has been guided to a certain extent by the laws of utility, and in explaining this theory to audiences I have had various men vouch for its accuracy as a result of their own experience.

According to this theory sex is determined to a large extent by the force of attraction.

If the husband's affection for the wife is stronger than the wife's for the husband, then the child will be a girl. If conditions are reversed, the wife feeling the attraction most strongly, the child will be a boy.

Under this theory you can, to a certain extent, account for the large number of boy babies born during or following war. The husband's attraction for the wife under such circumstances is greatly enhanced, not only because of the heroic character of his soldier life, but to a certain extent because "absence makes the heart grow fonder."

CHAPTER L

THE MENOPAUSE, OR THE CHANGE OF LIFE.

THE establishment of menstruation at the beginning of the adolescent period is something of a physical crisis for the young girl; so, also, is the cessation of this function for the adult woman. The sex organs continue their activity from about thirteen or fourteen years of age to somewhere between forty-five and fifty years of age. This is called the childbearing period, because it is during this time that the woman is capable of fulfilling her function as a mother. The exact time for the end of this period cannot be definitely placed, because it varies with different individuals. The change of life, as it is called, may come, in some instances, as early as forty years of age; in others it may be delayed until after fifty, but the average seems to be somewhere between these two limits.

In all probability, just as the menstrual function itself was not intended to be a cause of physical weakness to woman, so was its cessation not intended to be productive of physical ailments. If women were able to live an absolutely normal, healthy existence, it is most likely that they would experience but little inconvenience in the readjustment of the body which takes place at this time.

There is great variation in the amount of inconvenience suffered by different individuals. The causes of these differences are not always apparent. It would seem, however, that if the physical condition has been kept at the highest point, the transition should be made easily and without any marked physical disturbance. There are, however, physical and nervous adjustments to be made which should be expected and properly provided for.

The process that now begins is the reverse of that which took place at the beginning of the adolescent period. As at that time, the ovaries were quickened into activity, so now they begin to lessen their functioning and slowly to atrophy. As the production of ova gradually ceases, so also does the functioning of menstruation cease. Normally, the first indication of the approaching change should, in all probability, be a gradual lengthening of the time between menstrual periods. This is not always the case, however. Various forms of irregularity may make themselves manifest. For example, at one time the flow may be very profuse; the next month, the menstruation may be suppressed. The following month it may be very scanty, and then, again, very profuse. The periods may lose their regularity, so that it becomes very difficult for the individual to know when to provide against the contingency. During the profuse period, it is very important for the woman to remain in bed in order that a serious flooding may not result.

Where this natural precaution is neglected, the period of change may be unnecessarily prolonged, and its nervous symptoms may reappear after the lapse of some years.

As the ovaries gradually atrophy, so also do the uterus and the breasts,—all organs of the reproductive system.

The process of change is, as a rule, a gradual one, taking sometimes as much as three years for its completion. As the vital powers are now relieved of the extra burden of providing for this reproduction process, there naturally comes about, in many instances, a tendency for fat to be distributed somewhat generally throughout the body, except about the breasts which usually decrease somewhat in size and become flattened in form. The fact that there is a real increase in vitality at this time is shown by mortality tables, which indicate that the death rate among women between the ages of forty and fifty is lower than at any other period after puberty. It is lower than the death rate of men between those same ages. This should go far to relieving women of the serious apprehensions which many of them are inclined to feel at this period. If they will exercise an ordinary amount of common sense in the care of themselves, there is nothing in this experience which they seriously need to dread.

This does not mean that care is not needed to enable them to pass successfully through this necessary adjustment. There usually is a variety of nervous symptoms which accompany this

change, such as headache, irritability, flushing of face and body, capricious appetite and other disturbances of the digestive apparatus. Congestions and aberrations of the blood and nerves cause the various disagreeable symptoms from which women suffer at this time. Not only is there a tendency to flooding, which itself is a usual phenomenon of the circulatory system, but there are apt to be hemorrhages from other parts. Nosebleeding is a common form of hemorrhage, and may be a welcome relief unless unduly severe.

Another distressing irregularity which may take place at this time is palpitation following some exertion or emotion; or, it may be, for no apparent reason the heart begins to throb, causing the greatest discomfort. There is a rush of blood to the head, which is hot, with severe headache; the cheeks burn; there is a feeling of faintness or a choking sensation, a buzzing sound in the ears and a dancing blackness before the eyes. Such an experience may leave a woman with the dread that she is going to be visited by a stroke, or she may think that she is about to become a victim of heart disease. She should put aside all such morbid fears, however, as the change of life never causes heart disease, although it may produce a sudden attack of palpitation which only indicates a disturbance of the normal course of her life.

When the adjustment of her system is finally made, she will have no further trouble of this

kind. She should, however, give strict attention to rules of simple, hygienic living and should carefully avoid all stimulants.

The more serious abnormal conditions which may develop are, in the first place, excessive hemorrhages. These should not be allowed to go on under the fallacious notion that they are the natural accompaniment of the menopause. If they continue for an undue length of time, a physician should be called in that they may be carefully checked. There is the possibility of the development of tumors. If special pain is felt, or nodules appear in the breast, or if pains in the pelvis endure or are persistent, it is wise to consult a physician at once. The probability is that the cause will not require much treatment, but the possibility that it may be serious and need attention makes it imperative to call for expert assistance without delay. Should a malignant growth be in the process of development its early discovery will insure the adoption of treatment for its removal before any serious consequences can follow, whereas delay may be most dangerous.

The nervous system at this time becomes as unreliable as does the circulatory system. Changes in the sensibility of the skin become frequent. Tender spots appear and vanish. Backache, neuralgia, pain over the heart and over the stomach are apt to be present, and show the general instability of the nerves. Irritability of temper is unfortunately common. Women also

are apt to lose their power of judgment and their power to think clearly; they become restless, hesitating, indecisive, moody and depressed. They sleep badly, are troubled with distressing dreams and may evidence fear that they are going insane.

All of this calls for a sympathetic understanding on the part of those around them, who should help them to have patience with their own distressing symptoms and to await with confidence the day when adjustment will have been completed and they will once more find themselves competent to fill a useful place in life.

The use of hot water in various forms at this time will be found most efficacious. Wherever there may be pain in the back, the bowels, or elsewhere, the heat will be beneficial. Hot applications throughout the entire length of the spine will be helpful in quieting the nerves. The hot vaginal douche will relieve tenderness and congestions of uterus and ovaries and tend to control excessive flow, but it must be hot—110 or 115 degrees Fahrenheit. Warm sitz baths will relieve the head. For flushings, the affected parts will be relieved by sponging with hot water. For profuse sweating, sponging with hot salt water will be found efficacious.

As a rule, the desire for sexual intercourse gradually decreases and finally dies with the cessation of ovulation and menstruation. It sometimes happens, at this time of life, that because of local congestion and disturbed nerves excessive sexual desire is felt. This is a morbid con-

dition which is generally increased by the effort to gratify it. If it is so recognized by the individual and the proper use made of hot vaginal douches and careful exercising, the condition may gradually be overcome.

With many women at this period, there is a strong tendency to gloomy forebodings. Their thoughts center about themselves and every pain is aggravated by their apprehensive imaginings. Thus they make their own lives a much greater burden than is at all necessary. Often a complete change of scene and occupation is the most effective treatment. It is important to establish an absorbing interest in something outside of self, thereby preventing introspection.

There is no reason for women to dread this time as so many of them do, nor to feel that it is an indication of the end of their period of usefulness. While it is true that they can no longer bring children into the world, that does not mean that they cease to be mothers in the truest and most comprehensive meaning of the word. Motherhood is more than simply a physical function. In its essence it is purely spiritual. As the physical mother nourishes and sustains the body of her offspring, so does the spiritual mother inspire and develop the highest and best in all with whom she comes in contact.

Instead of looking upon the change of life as a lessening of her usefulness rather should the woman consider it an extension of her field of activity.

CHAPTER LI

How to Build Vigorous Womanhood.

BEFORE the great world war took so many of the male members of society away from their various occupations to the struggle of the battlefield, most people still had in their heads the time-worn idea that woman is the weaker sex and should not think of laying claim to the possession of vigor or muscular strength. But now, how this has all changed! We find women doing practically everything that man ever did, and we hear nothing said about the work not being as efficiently done as formerly, either. We have women farmers, iron-workers, blacksmiths, street-car conductors, chauffeurs and ammunition workers, and in the great conflict itself, we have seen in the Russian "Battalion of Death," women soldiers as capable of holding their own and as brave as man ever dared to be.

What does all this mean? Have we been wrong all these ages about the weakness of women? Are the supposedly fabulous tales of the strength and vigor of ancient women, then, really true? It seems so, and the facts indicate that modern woman is awakening, and will soon be emancipated from her thralldom of weakness and disability.

Among the lower animals, the female of the species is practically never inferior to, and in

some cases excels, the male in strength. In the human species, also, there are many women, who, even in these civilized times, are much stronger than many men, and more capable mentally as well as physically. It should be forgotten, therefore, that women were ever considered inferior.

It is, however, true that woman has a great deal to overcome, and a great many old traditions and customs to discard, before she will be ready collectively to take her place alongside the male as a being of equal vigor. She has the effects of generations of indoor living to overcome. Her muscles are weak and flabby because of inactivity. It will take generations of women and years upon years of proper living and care of the body to bring forth a race of women such as will satisfy the dreams of the eugenist.

But suppose you are weak and perhaps ill—is strength and health possible? Of course they are, and we are going to tell you how to secure them.

In the first place you may find it necessary to change somewhat your ideas of living. You must forget that you are a woman, for the time being, and simply remember that you belong to the human race and are subject to all of the laws of Nature applying to humanity. Strength is dependent upon good health, and you must first secure that. All of your efforts must be in that direction. If you have any habits which are

injuring you, give them up. Stop all drug-taking and the use of tea, coffee, alcoholic drinks and patent medicines. You must give yourself every chance. Remember that everything entering your system finally gets into the blood and that the blood carries this, whether food or poison, to the cells. If food, the cells are properly nourished and health results—if poison, the cells are poisoned and ill health is produced.

Would-be athletes and others desiring to become strong often make the mistake of trying to develop their voluntary muscles through exercise alone, forgetting the other factors necessary for health. Big muscles may be produced in this way, but the vital organs are perhaps neglected and are incapable of producing the blood necessary for keeping up the nutrition of the new-formed tissue, or removing waste substances.

Special attention should be given to elimination through all four of the great emunctories of the body, viz., the lungs, kidneys, bowels and skin. Without perfect elimination there can be no health, and hence no physical vigor. Much of the listlessness, tired feeling, and headache experienced by women from no apparent cause is due to faulty elimination.

The Lungs.—The more fresh air inhaled, the more carbon-dioxide do the lungs delete from the system. Therefore live out of doors as much as possible. The next best thing is to work and sleep where there is good ventilation. If you are compelled to work all day in badly ventilated

rooms, make it a practice to sleep out of doors, or with your head near the window. Modern apartment houses often have sleeping porches, but they are seldom used for the purpose for which intended, being often occupied as dens or smoking rooms. Walk to your work if you can. Take an earlier start and walk the two or three miles, if that be the distance. You will then not only receive the benefit of the fresh air, but get some of the best exercise possible. Breathe deeply at all times. A good plan is to count the number of steps taken during each inhalation and exhalation. This will develop the habit of deep breathing and after a while it will be done unconsciously.

THE KIDNEYS.—To promote good kidney action, pure water must be taken freely. Two or three quarts of water per day is not too much. An abundance of water never harms the kidneys. It is not the fluid passing through the kidneys which overworks and harms them, but the substances held in solution in the urine. Therefore the more concentrated the urine the greater the work and irritation of the kidney structure. Those who eat meat, especially, should drink large quantities of water. If quantities of milk, or fruit juices, are taken, of course less water is needed.

THE BOWELS.—Constipation is the bane of most women's existence, and it is usually due to the inactivity of their lives and lack of care in eating. Another potent cause is the taking

of laxatives and cathartics. Some develop the condition through neglect of regular habits. Nothing should be used to regulate the bowels except proper diet, sufficient water, and, in emergencies, the enema. If one will take care to use regularly such foods as whole-wheat bread, prunes, stewed peaches, coarsely ground cereals and salads composed of tomatoes, cabbage, celery, onions, lettuce, nuts, and berries there will be little trouble. Active exercise will also assist in overcoming the condition. The bowels should move at least once each day, though twice daily is better.

THE SKIN.—About two pints of perspiration are excreted by the skin daily, holding in solution urea, uric acid and other poisons. The constant wearing of clothes deprives the skin of the benefit of air and sunlight, so that it is usually so anemic and relaxed that it is no longer a normal organ of elimination, but simply a covering for the body. The skin must not only be kept clean, but it must be exercised. There are tiny muscles controlling the sweat-glands which need exercise the same as other muscles. By the constant wearing of thick clothing these muscles are kept relaxed. The frequent exposure of the nude body to air causes a contraction of the muscles of the skin, which tones them up. You should take frequent air and light baths no matter how cold the air. Of course you will have to go slowly at first and expose the body for but a few minutes. The best time for this is just after getting up

in the morning, or before going to bed. During the exposure to the air rub the body vigorously with the bare hands, then dress quickly, or get into bed. You may have some "goose-flesh" at first and shiver somewhat, but gradually you will find that the feeling of the cold air is pleasant, that you no longer feel cold, and that "colds" are a thing of the past.

Once each week take a full hot tub bath, remaining in the water for at least ten minutes, then drying quickly and covering up well in bed. If you do not go immediately to bed the hot bath must be finished with a cold shower or sponge. The after effects of a hot bath are increased if the body is covered warmly, as elimination continues for some time. If soap is used it should be very bland. There is good reason to believe that the excessive use of soap is destructive to the eliminative action of the skin.

Each day, preferably after your exercise, take a cool shower or a cool rub. This may be taken very quickly and effectively by wetting a thick Turkish towel in cold water and rubbing briskly every part of the body, finishing by a thorough rub with a dry towel. The cold sitz bath taken for one or two minutes, either daily or twice a week, is beneficial. During the menstrual periods it may be discontinued. This is very important in special conditions of congestion or inflammaton, as specified in preceding chapters.

Although the corset has been condemned for ages and its ill effects separately pointed out,

there are still women who are torturing and deforming their bodies and depleting their vitality by this device. Before you can become strong you must discard this article of apparel. Indeed, you should study the question of clothing thoroughly, and however stylish you may desire your clothes to be they must in no way interfere with the free action of our limbs, or produce undue pressure at any point.

DIET.—What is the best diet for building vigorous health? This will depend in many cases upon the individual and the requirements of her daily occupation, state of health, etc.

In general, it may be said that a diet consisting of fruits, nuts, vegetables, cereals and milk is the one best suited for maintaining health and building strong tissues. Meat is not necessary to health, but in many instances where it is impossible to secure a suitable diet, one is compelled to use it. At such times plenty of green vegetables should be consumed with it, and large quantities of water taken between meals.

You must take care to eat only to satisfy the needs of the body. Overeating is destructive to digestion and health, and often defeats the purposes of the whole regime. The best of diets, no matter how hygienic and how carefully balanced, will become as poison if too much is eaten. Thorough mastication and insalivation of all food is necessary for perfect digestion. This applies particularly to all starchy foods. The fewer condiments used the better. In many instances,

proper combination of foods will obviate the necessity for using artificial flavors.

If one is thirsty at meals, water is permissible and will aid digestion, but fluid must not be used to "wash down" food improperly masticated. Tea and coffee are stimulants and must not be used habitually. The three best drinks are water, milk and fruit juices. Buttermilk is also healthful and a really delicious beverage if used when fresh.

The tendency in diet should be to use foods in as near their natural state as is consistent with palatability and digestibility. The comtinued use of the ordinary cooked diet tends to produce an acid condition, because of the lack of the natural organic salts. If one eats cooked food, there should also be taken a plentiful amount of fruits and raw green vegetables.

Exercise.—In the next chapter will be found a system of exercises which is especially suited for building strength and improving the physical proportions. We might say at this point that the more you get into the habit of playing athletic games and indulging in walking, rowing, canoeing, horseback riding, swimming and other strenuous sports, the greater will be your endurance and the purer your blood. Of course at first you will need to be careful not to overdo, and you should stop the exercise short of fatigue; but you will find your strength and endurance gradually increasing and the general feeling of well-being will encourage you to continue.

If you are one of those women who are continually looking for symptoms of ill health and are much given to worry about your condition, we would say that you must at once change your attitude of mind. Remember you are as you are because of wrong habits of living, and the only way to remedy matters is to adopt normal habits. Worry will not help you on your way to health. You must get rid of the picture of disease which has become implanted in your mind and replace it with an image of the woman you would like to be. Visit the art museum and study the statues and sculptured beauties there exhibited, and make up your mind that you will be as nearly like them as possible. Then study the laws governing your own body and lay the foundation of health, without which no beauty of form, or of robust womanhood is possible.

CHAPTER LII

Improving and Beautfying the Bust.

IF there is one feature in respect to which nearly all women are most interested in improving and beautifying themselves, it is in the matter of bust development. And furthermore, if there is any one particular in which the majority of women need improvement more than another, it is in this very respect.

The reason for this nearly universal desire for a perfect bust is not based purely upon the desire for beauty, although that is a very large factor. It is also partly due to an instinctive recognition that a good bust is the indication of superb womanhood. A normal bust development is regarded as implying the possession of all those qualities that make for true womanliness, not merely in the physical sense, but in a mental and spiritual way as well.

Femininity is not a purely physical quality, but is both mental and physical in nature. It is manifested through the brain and nervous make-up as well as in such external characteristics as absence of beard, refinement of features, greater delicacy of hands and feet and the characteristic pelvic structure. Femininity consists not only in the bodily conformation, but in the manner of thinking and manner of feeling.

All of these womanly qualities are suggested by a perfect and beautiful bust development. It conveys the impression of fitness for wifehood and motherhood. One does not look for masculine qualities in such a woman. The elements of womanliness are found to be highly developed. In other words, the possessor of a good bust is found to be perfectly sexed and in every way suited for the bearing of healthy and vigorous children.

Starting with this fundamental conception of the true underlying meaning of the bust, the reader will at once understand the general conditions nec-

Exercise 1.—Raising elbows and placing finger tips on shoulders, circle the elbows at each side. Repeat ten times and then circle in reverse direction.

Exercise 2.—Resisting with the head, bring elbows first far forward and downward, then as far upward and backward as possible. Repeat ten to twenty times.

essary to a good development of this part of the body. It will be seen immediately that the woman who is lacking in vitality, who is poorly sexed, who has few of the natural instincts of womanhood and is generally far from fitted for maternity, would perhaps not be expected to show an ideal development of the bust. You can, in fact, take it for granted that the expectations of deficiency aroused in such cases will be realized.

The first requirement for improving the bust is to build constitutional vigor and those vital and nervous forces which are at the basis of a well-sexed

condition. In other words, to build a superior quality of what may be termed womanhood, it is merely necessary to build vitality and constitutional strength. And having developed these qualities of all-around bodily and nervous vigor, you can depend upon an improvement in the condition and appearance of the bust corresponding to the altered state of health.

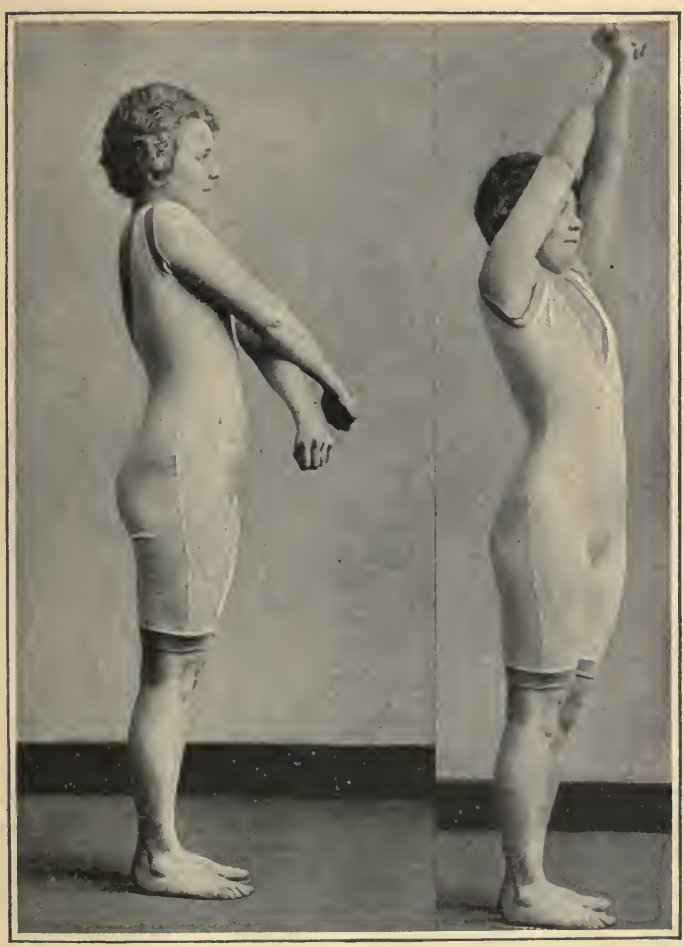
In another chapter may be found general instructions for accomplishing these results. Plenty of sleep is perhaps the first requirement. Women commonly need a little more sleep than men. Often they secure less. The wife who sits up nights mending stockings after her lord and master has retired and found oblivion, and who then gets up first in the morning in order that his breakfast may be hot and ready when he finally rolls out, is not likely to make herself exceptionally attractive to him unless she finds some plan for getting a little sleep in the afternoon. In addition to this, a diet of live foods—that is to say, a diet containing a considerable quantity of uncooked food, thus giving the necessary "vitamines," with plenty of outdoor life and sunshine, and sufficient exercise to insure a vigorous circulation and a good general bodily development, will usually enable one to acquire that state of vitality that is the basis of either superb womanhood on the one hand, or virile manhood, on the other.

There are two radically different types of requirements for bust improvement among

women: On the one hand there is the need to reduce the bust and on the other to develop or build it up. In the first case the difficulty is often largely a matter of obesity, and a general fat-reducing program of food limitation and exercise will be neecssary. In some instances the fatty tissue seems to have a tendency to localize itself in this region. In that case, special exercise and the general methods which will be suggested later will cover all requirements.

The more difficult case is that of the woman just past the flush of youth who is lacking in bust development, or who presents a too "flat-chested" appearance. In such a case there is a special need for the vitality-building program just mentioned, together with more or less locally stimulating natural treatment. It should be remembered that the breast is a glandular structure, and when these glands are either undeveloped or atrophied, the breast will naturally be undersized. Now, increased vitality and the development of all womanly qualities will mean a natural improvement in the quality and size of these glands, thus giving the bust the fullness it requires. Exercise alone will not build up the bust, because the bust is not primarily a muscular structure, but exercise is necessary to give tone and firmness to this region and to give the bust the capacity for supporting itself in the normal position, without drooping.

It is not merely the size of the breast with which women are concerned, but the question of



Exercise 3.—First cross the arms as far as possible in front of the body. Then raise the arms, still crossed, above the head. Lower, and repeat ten or twenty times.

Exercise 5.—Stand at a distance of two or three feet from an arm chair and with one hand on each arm, lower the body to the position illustrated, letting the chest down well between the chair arms. Push up to arms length and repeat five, ten, or twenty times, according to your strength. This strengthens all the muscles across the chest and helps to give firmness to the bust.

its firmness and shapeliness, or lack of the same. The tendency to sag or droop is altogether too common, even among many very young women. It is only natural that this result should follow when the bust is exceptionally large, inasmuch as the larger the bust the greater its weight, but this flabbiness is even experienced by many women with small breasts. It is due entirely to a condition of weakness and loss of muscular tone.

In some cases the use of bust supporters and the wearing of tight brassieres, or other artificial means of confining the breasts, are very largely responsible for the weakness and laxity of these tissues. In other cases, the use of tight bindings following childbirth may have served to destroy permanently the shape of the breasts. If one has suffered the results of such influences it will be all the more difficult to restore a normal contour. It may be even impossible. Exercise is the one most effective method by which these parts can be strengthened and improved in tone. If only the breasts could be given appropriate firmness, that would in many cases be sufficient to beautify them. Exercise is the supreme means to this end.

But exercise is also essential to improve and round out the chest, which is equally important. The chest serves as a foundation, so to speak, for the breasts, and the improvement in the development and contour of the chest as a whole naturally gives the bust a better appearance.

Even the normal bust on a flat-chested woman would appear undeveloped and would tend to droop, whereas with the chest well filled out and properly carried, the same breasts would have the appearance of beauty.

Cold-water bathing is another ideal means for invigorating and giving firmness to these tissues. For reducing the bust, cold water is especially important. But for the woman lacking in bust development it can also be highly recommended, since it improves the circulation in a marked degree and thus stimulates the activity and growth of the glands. In this case also, bathing of the parts with hot water, or the application of hot, wet cloths for five minutes, followed by a quick sponging with cold water to contract and invig-

Exercise 4.—Clasping the hands, stretch arms high above head. For improving the chest and carriage. Do this many times daily.

orate the tissues, should form a valuable part of the treatment.

Where reduction of the bust is desired, massage is another helpful measure. It may require a great deal of massage to bring about a small reduction, but it is one of the helpful agencies. In applying massage for this purpose, it is important to avoid any downward strokes, inasmuch as this would only accentuate the dragging and drooping tendency, which is always marked when the breasts are large.

For lack of bust development, any influence which improves the local circulation would be helpful in stimulating the glands. On this account, some form of vacuum or suction treatment which does not unduly stretch the tissues would be helpful. The old-fashioned suction treatment applied by the placing of a hot bowl over the parts involved can be suggested. As the bowl cools, the air contracts, forming a partial vacuum and thus drawing the blood to this region. A simpler method is found in the use of the ordinary breast pump, sold at drug stores for the relief of nursing mothers, but which may be used for this purpose if applied not only over the nipple but successively over other parts of the breast as well.

A great many women of normal development think themselves lacking in this respect because of a false impression as to what is the proper size of the bust. The normal and healthy breast should not be over-large. It is only during preg-

nancy and lactation that the breasts become very prominent. Women with exceptionally large breasts very often fail to nurse their children, whereas the woman with a comparatively small, firm breast more frequently rises to the occasion. The ideal development is that popularized in the masterpieces of sculpture. It is firmness and shapeliness that is desired, more than excessive size. And if the chest is properly built up, such a bust gives one the contour and outlines of true womanly beauty.

CHAPTER LIII

Exercise for Womanly Strength.

THERE are few women who have not coveted the beauty and development of form presented in famous works of art, but very few indeed who have really tried to make themselves the bodily equal of the Venus of their admiration. That beautiful bodies are the exception rather than the rule is due simply to lack of interest in, and neglect of, physical training. All women can be well developed and strong. Health, beauty and strength are synonymous and can all be secured by diligent and continuous efforts. Of course the younger one is, and the earlier in life exercise is begun for the purpose of body development, the greater will be the results; but in practically all cases improvement is possible, usually a surprising improvement, and the gain in health will more than pay for the time and attention given to this interesting and beneficial field of endeavor.

Girls should receive careful physical training from childhood, together with scientific health culture, if a race of strong women is to be expected. They should receive the same training physically as boys, and engage in practically all sports and exercises that are usually undertaken by the so-called stronger sex.

Systematic exercise of the voluntary muscles will stimulate the functions of every involuntary organ in the body. This is because of the increased circulation of blood and also because it relieves any contraction of tissue which may be interfering with nerve impulses.

The use of the muscles causes them to grow larger and also increases their firmness. We often see women who appear strong and well-developed, but a close examination shows that their apparent development is chiefly fatty tissue, their muscles making up but little of their bulk. As these women get older some of this fat is lost and their skin becomes wrinkled and relaxed, giving them a prematurely aged appearance. Of course a thin layer of fat is necessary to give the body a well-rounded appearance and to serve as a protection to the underlying tissues, but the body bulk should consist chiefly of well-developed muscles. Those women who exercise regularly and systematically, and thus maintain the tone and bulk of their muscular systems, often retain their beauty until very late in life.

A woman's back and abdomen are usually her weakest parts, and we cannot too strongly emphasize the importance of exercise for the development of the muscles of these too often neglected and abused parts of her anatomy. Relaxed organs and disease of the digestive tract are often entirely due to weak abdominal muscles. There are several systems of therapeutics based

entirely on the spine, and their principal method of treatment is adjustment and correction of defects and malpositions of the bones and ligaments of that region.

My experience has shown that exercise alone will correct many of the lesions that usually take one to a medical practitioner; and, in fact, if the spinal muscles are kept in condition, lesions are impossible, or if they do occur will quickly return to normal.

The use of the corset is nearly always responsible for weak abdominal and spinal muscles, and before any improvement is possible this must be discarded.

Exercise simply means the use of your muscles, and there is no particular "system" that is any better than any other. Having decided that you are going to exercise for body development and strength let nothing deter you from your purpose. It is best to select some time of day for your exercise that is most convenient and use that time every day. Some prefer to exercise just after getting out of bed in the morning and some just before going to bed, but it makes little difference, provided you exercise regularly. It is well to omit systematized exercises on one day of the week and reserve that day for walking or outdoor games. This will prevent your tiring and becoming "stale."

In addition to your regular exercise you should walk several miles daily, and when occasion of-

fers, run for short distances. This will help to develop endurance and lung capacity.

If you are one that tires easily of exercise and find that you cannot maintain your interest, try to get some member of the family, or a friend, to exercise with you. This will develop a sort of rivalry which will help in keeping both of you at it. Another way to keep up interest is to change your form of exercise every week, or every month. Almost every issue of PHYSICAL CULTURE contains an article on exercises which may be followed until the next appears, and one can easily invent forms of exercise that will vary the regime enough to prevent its becoming tiresome. Music is a great stimulus to exercise, even if it only takes the form of a phonograph reproduction. Try it.

We have selected a few exercises which will be found effective in developing strength and promoting health, and which will form a basis of the health-building regime. Each movement should be taken a sufficient number of times to produce a slight tired feeling, but they should not be carried to the point of fatigue. The gain from exercise depends upon the amount of blood which is pumped into the muscle, and when a muscle is used so long that it cannot further respond to the nerve impulse because of fatigue, it means that it is poisoned by the retained waste substances produced by its use, and rest is necessary to restore it to normal.

Exercises for the Spine.

Stand erect on the toes; stretch the arms up over the head, putting as much tension in the spinal muscles as possible. Try to stretch as far upward as possible, stretching and relaxing alternately for a number of times. From the position mentioned, bend forward and touch your toes, returning to erect position. Repeat a number of times. Stand with legs apart—bend downward and forward and try to touch the ground behind the heels. Repeat until tired. Stand with feet apart—clasp hands behind head and bend body from side to side as far as possible. Standing in same position, rotate the body to the left and to the right, as far as you can. Stand erect, depress your chin and move your head backward as far as you can, putting tension in the muscles of the back of your neck, and the small of the back. Lying on the stomach, raise the arms and legs as high as possible. This is a hard exercise at first, but should be persisted in, as it is valuable. Lying in the same position, make swimming movements until tired.

Exercises for the Abdomen

Lying on the back, raise first one leg and then the other. Raise both legs together. Lying in same position, raise up and touch the toes, repeating until tired. Raise both legs to the vertical, separate legs as far as possible, bring together, and return to position. Lying on the

side, raise the leg as far as possible. Repeat on the other side. Lying on the back try to bring the toes above or back of the head and touch the floor. Many of these exercises are of benefit in strengthening not only the abdominal muscles, but at the same time the pelvic region and the organs of sex.

There is another form of exercise for strengthening the abdominal region that is particularly important in this connection. This is what I might term internal contraction exercise, and consists in the contraction of the internal muscular structures from the diaphragm down.

As you know, the interior of the body is to a considerable extent muscular, as, for instance, the heart. The alimentary canal is very largely muscular in make up. The diaphragm likewise is one of the most important muscular structures of the body, and may be made very powerful. Female weaknesses we have seen to be largely the result of laxity of muscles, ligaments and other internal parts. Weakness of the back, the entire pelvic region and the external abdominal walls, combine to produce faulty posture, and in many cases a prolapsed condition of all the organs of the lower part of the trunk. This laxity and weakness can be corrected, not only by external exercises which give one better carriage and strengthen the abdominal walls, and indirectly affect the internal structures, but especially by internal contraction exercises

which directly involve the parts concerned.

Everyone knows the action of the diaphragm in breathing. If your waist is unrestricted by clothing, and there is complete freedom for expansion of the body, you know that by inhaling the breath deeply, through the downward contraction of the diaphragm, the body expands at the waist-line and in the abdominal region. As you exhale, the abdomen is drawn in or retracted, and the girth of the waist diminished. A little practice in diaphragmatic breathing will enable you to get good control of the diaphragm.

Now, if in connection with this breathing you will, when inhaling, increase the downward contraction of the diaphragm and expand the abdominal region very forcibly, and then when exhaling force the breath out more vigorously, drawing in the abdomen as far as you can, you will find that you have a first-class muscular exercise for these internal parts. It will pay you to give a great deal of attention to this type of exercise.

For one exercise you can merely expand and contract the waist-line as energetically as possible, drawing the abdomen inward and pressing outward as much as you can. For another exercise you can give special attention to a merely downward pressure in the entire region, alternating with a lifting-up impulse in which you make the endeavor to draw the stomach and other organs up into the chest cavity, or as nearly so as possible. Repeat each of these a

number of times and practice them at different intervals during the day.

Exercises for General Body-Building.

These consist of movements of all of the limbs and all of the joints in every possible direction. You should start with the fingers and flex and extend, rotate and bend each joint in turn a certain number of times, until you have gone over the whole body. In this way you will have exercised all of the larger groups of muscles. These may be followed by stretching exercises, in which you try to extend each limb as far as you possibly can. We would advise that you take the spinal and abdominal exercises on one day and the general exercises on the next and so on alternately.

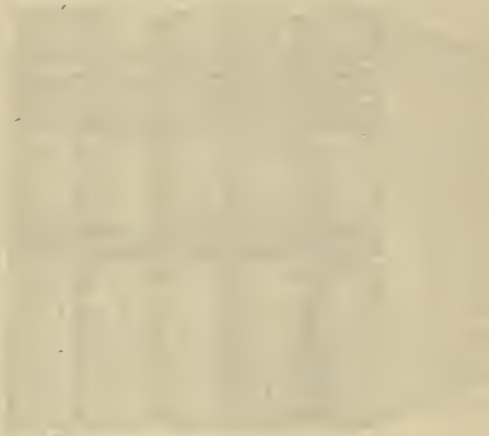
Following your exercise a dry rub with a rough towel, or a cold wet sponge bath, should be taken, or, if facilities are at hand, a warm and cool spray may be taken.

An occasional day of resting should be observed on which you take no form of voluntary exercise at all. This will save nervous energy and you will return to your exercise with renewed interest.

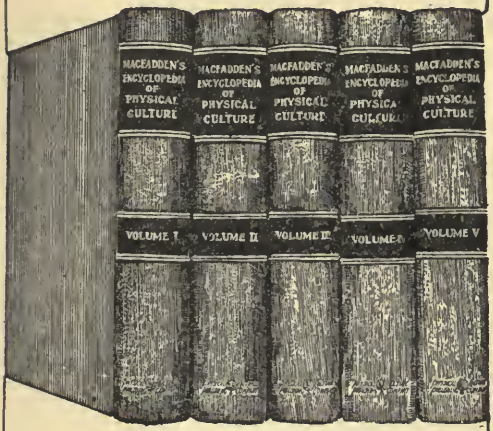
One should not make a task of exercise. It should always be enjoyed. If such is not the case a period of rest is advisable, after which the exercise may be gradually resumed.

[THE END]

THOSE who find this book of value will doubtless desire more knowledge of the wonders of body building. Within the pages of the "Macfadden Encyclopedia of Physical Culture" will be found literally a world of practical information. These books can truly be termed a library of reference on Vitality Building in health or disease. Five large volumes are included in this great work, each about 500 pages in size. Nearly fifteen hundred illustrations appear in the five volumes. Literature giving detailed information on these valuable books sent on request to the Physical Culture Corporation, 119 West 40th Street, New York City, New York.



Macfadden's Encyclopedia of Physical Culture



MACFADDEN'S ENCYCLOPEDIA OF PHYSICAL CULTURE is an absolute necessity for the earnest student of Physical Culture methods. It is used as the standard text book in advanced institutes of Drugless Healing. Its popularity in this respect is because of its completeness and because of the exactness of the information contained.

Anyone can benefit by the study of these books. They are exhaustively illustrated, have many color charts, and also a manikin which opens out

Continued on next page.

showing all of the muscles and organs of the body.

This is the most complete treatise that has been prepared for popular use on Physical Culture for the development of health and the cure of disease by rational methods. At the same time, it is written in an intensely fascinating style so that one learns without any sense of effort.

It is hard to think of any subject which is so near to the heart as the wonders of our own bodies. Of course, you understand that the blood circulates through the body, being pumped by the heart now here, now there, from finger tips to the end of the feet. But only three hundred years ago this very simple fact was not at all understood. It was supposed that the portion of blood that is in the hand today had always been there, and that it would remain in that very same location until death and decay.

Sounds foolish to us—now. But, doubtless, there are hundreds of things that are firmly believed about the body in our own time that are just as far from the truth. Some of these are already known to science, but are not,

Continued on next page.

as yet, general knowledge. Certainly, there are several points on which you yourself would like further enlightenment. If so, you will much enjoy the ENCYCLOPEDIA OF PHYSICAL CULTURE.

Many people like to have a "Doctor Book" in the house for ready reference. In some homes, such an authority has always been available as long as the family can remember. Now that faith in drugs is waning, such a family feels more or less at sea. They want some new, reliable authority to which to turn in time of need. Here again Macfadden's ENCYCLOPEDIA fills the bill.

Volume III explains fully the natural methods for curing disease. It covers the subjects of Fasting, Hydrotherapy, Mechanical Curative Measures, First Aid in Emergencies and Accidents; the home treatment for Chronic and Acute Diseases; and Fasting and Dietetic Regimens.

Volume IV lists every disease of the body—600 or more—giving symptoms, causes, treatments, etc. This subject is entered into in ample detail. A special Diagnosis Chart makes it

Continued on next page.

possible to recognize disease in its earlier stages when it is easier to handle, and before it has collected its full toll of suffering.

Many a man and woman would like to know all about the popular athletic sports. The ENCYCLOPEDIA explains these in a way that makes Volume II worth the price of the set to such people. Every form of exercise and sport is explained. Courses are outlined for home or gymnasium, with apparatus or without. It tells how to build your own apparatus if you enjoy this kind of exercise. In this volume are complete manuals on Wrestling and Boxing. There is also a specialized course for women. All of the books are fully illustrated.

Then there is the volume on *The Human Machine and How to Run It.* It is a complete Physiology and Anatomy written so the average person can enjoy it and get the truth out of it. The importance of air in our lives is explained. The science of *Diet* is also fully given. This volume has very aptly been called the BOOK OF HEALTH.

But even this is not all. There is a

Continued on next page.

complete beauty course given within the covers of this work. And what is of greatest importance to many readers is the *Book of Sex* which outlines the principles of Eugenics in a way that is at once interesting and of practical use. Reproduction, Heredity, Physiological Laws of Sex and Marriage are fully explained.

The generative systems are described in their workings, and instructions given for maintaining them in perfect health.

All told, these five volumes run to more than 3,000 pages with over 1,300 illustrations. A new edition has just been issued, fully revised, enlarged, and brought up to date.

If you want to make the most of yourself—if you are determined to enjoy life thoroughly, if you want a happy home, and healthy, robust youngsters, you certainly need the ENCYCLOPEDIA OF PHYSICAL CULTURE. It is a safe and ample guide to all these things.

And the price is easily within the reach of all.

All of this valuable information which cost thousands of dollars and

Continued on next page.

Macfadden's Encyclopedia of Physical Culture

to which Mr. Macfadden has devoted a lifetime of research are yours for the insignificant sum of ten cents a day. The average person loses $4,100 or more in a lifetime through sickness. Most of this lost time is absolutely unnecessary. If the teachings set forth in this able work saved you from just one painful, dangerous illness, they would be well worth the price. But remember, they are yours for a lifetime, and they are there for the use of your entire family.

The price for the entire five volume set, complete and delivered to you, is only $35.00 on the easy, deferred payment plan. Ten per cent discount is allowed for cash with order, making the cash price $31.50, but to owners of WOMANHOOD AND MARRIAGE there is an additional reduction of $1.00 provided the order blanks printed on the last two pages of this book are used. See them, and act at once, for this price includes a year's subscription to PHYSICAL CULTURE MAGAZINE which you will want just as soon as you can get it.

PHYSICAL CULTURE CORPORATION
Dept. W., 119 WEST 40TH ST. NEW YORK CITY

Physical Culture Magazine

IF there is any of the Neighborly Feeling in your make-up, you'll enjoy the friendly, heart to heart interest of PHYSICAL CULTURE. You will find it as stimulating, care-chasing, and satisfying as a winter evening spent with a favorite neighbor before the open fire.

Work is not the whole of life. Nor is story-reading the whole of recreation. People like something in between work and frivolity—something that will rest, inspire, fascinate, instruct, and at the same time give the confidence and urge to *go on.*

PHYSICAL CULTURE gives this practical help in meeting all kinds of personal, intimate human problems related to health, strength, success, character, marriage, recreation. It is attractively illustrated. It presents actual, personal experience stories as well as inspirational and advanced problem articles by world-known authorities.

And lest your own particular problem be otherwise missed, the Editor conducts a "What-would-you-do-in-this-case?" Department where the best thought of PHYSICAL CULTURE readers is available for your help without, of course, your name appearing.

PHYSICAL CULTURE is the one magazine that will help you most in self-improvement and self-realization, both physically and mentally. It teaches you how to live, how to succeed and how to be happy. The freshness, vigor and progressive breadth of the editorial point of view are not to be found in any other publication. Read just one number through and see for yourself.

25 cents per copy, $3.00 a year

PHYSICAL CULTURE CORPORATION

Dept. W., 119 WEST 40TH ST. NEW YORK, N. Y.

Strengthening the Eyes

SIGHT is the most extensively used of the senses. You should make it a point to improve your sight and strengthen the eyes from day to day. Careless neglect will ruin them.

Through a marvelous discovery, Bernarr Macfadden has enabled hundreds of people to overcome eye headaches; eye strain; weak, watering eyes; far or near sightedness; astigmatism; squint eyes; cross eyes; and other evidences of faulty refraction. *Many of these people have been able to lay aside their glasses.*

This seems remarkable—almost unbelievable—but the treatment is based on sound, scientific, Physical Culture principles. Don't lose time in doubting. Send for this course—28 Lessons and Snellen Eye Chart. Devote a few weeks' work to proving the case for yourself. Strong, comfortable eyesight is worth that slight effort, isn't it?

Complete Course only **$5**, Chart included.

Money back if you wish to return the course after 5 days' inspection.

PHYSICAL CULTURE CORPORATION

Dept. W., 119 West 40th St. New York, N. Y.

Making Old Bodies Young

IT is reported that in one of the Biological Research Laboratories, the body cells of a piece of chicken flesh have been kept *alive* and *growing* over a period of several months by chemical means.

Old Age is rot! You can take that statement both ways. It is all *rot* to think you have to grow old. And growing old is actually the rotting of the cells. If the rotting of these cells can be avoided even after the experience we call "life" terminates, surely there is no excuse for such cell rotting while physical existence persists.

Old Age before 85 is a preventable disease. Bernarr Macfadden's remarkable Course, MAKING OLD BODIES YOUNG, explains how to avoid Old Age, and how to come back —strong—to the vigor of earlier years if you have stumbled prematurely into Old Age.

For both men and women. Special, patented Spine Stretching Apparatus included with the Course. Price, **$6.50.**

PHYSICAL CULTURE CORPORATION
Dept. W., 119 West 40th St. New York, N. Y.

Manhood and Marriage

By BERNARR MACFADDEN

"MANHOOD AND MARRIAGE" provides a vast amount of plain and helpful instructions and numerous striking and graphic illustrations on the exercises, the foods, bathing and other measures that tend toward attaining and regaining manly powers. It presents full information on proper conduct in married life—the regulating of marital relations—the proper attitude toward the unborn child—how many children and kindred topics.

"MANHOOD AND MARRIAGE" sets forth fully the source, the possibilities and the purpose of manly power. The dangers that menace the young man through ignorance of consequences—the precautions essential to avoid infection and loss of manhood—how manhood's powers are destroyed and kindred subjects are discussed in detail in its pages. "MANHOOD AND MARRIAGE" fully decides such questions as Am I Fit to Marry? At What Age Should I Marry? How Shall I Select a Wife? Love Making and Its Possible Consequences, and other problems.

"MANHOOD AND MARRIAGE" is a book, not merely made up of hackneyed advice. The well-established, important and fundamental truths of sexuality are not ignored in this work, but they are treated in a unique, practical and helpful manner.

Bound in cloth. Illustrated. Price, postpaid, **$3.00.** It will be sent prepaid in combination with a yearly subscription to PHYSICAL CULTURE MAGAZINE for.....**$5.00**

PHYSICAL CULTURE CORPORATION

Dept. W., 119 WEST 40TH ST. NEW YORK CITY

Changes In Book Prices

THERE is a slight increase in the price of Physical Culture Books due to the sharply rising costs in all departments of publishing work. The revised price list follows. Please remit in accordance with this schedule so that we can make prompt shipment of your order.

....Encyclopedia of Physical Culture (five volumes)	$35.00
....Physical Culture Magazine	3.00
....The Building of Vital Power	1.50
....The Crime of Silence	2.00
....Fasting for the Cure of Disease	1.50
....Father, Mother and Babe	1.50
....Herself	1.25
....Himself	1.25
....How to Develop Muscular Power and Beauty	1.50
....Making Old Bodies Young (with Spine Stretching Apparatus)	6.50
....Manhood and Marriage	3.00
....New Hair Culture	1.00
....Physical Culture for Baby	1.00
....Physical Perfection	1.50
....Science of Muscular Development	1.00
....Strength From Eating	1.00
....Strengthening the Eyes	5.00
....Vitality Supreme	2.00
....Womanhood and Marriage	3.00
....Old Age—Its Cause and Prevention (Out of Stock)	....

Physical Culture Corporation,
119 West Fortieth Street,
New York City, N. Y.

Gentlemen:

I enclose money order (check) for $..... for which please send me the book (books) which I have checked in the above list.

Name.....

Street Address.....

City.....State.....

Manhood and Marriage

By BERNARR MACFADDEN

"MANHOOD AND MARRIAGE" provides a vast amount of plain and helpful instructions and numerous striking and graphic illustrations on the exercises, the foods, bathing and other measures that tend toward attaining and regaining manly powers. It presents full information on proper conduct in married life—the regulating of marital relations—the proper attitude toward the unborn child—how many children and kindred topics.

"MANHOOD AND MARRIAGE" sets forth fully the source, the possibilities and the purpose of manly power. The dangers that menace the young man through ignorance of consequences—the precautions essential to avoid infection and loss of manhood—how manhood's powers are destroyed and kindred subjects are discussed in detail in its pages. "MANHOOD AND MARRIAGE" fully decides such questions as Am I Fit to Marry? At What Age Should I Marry? How Shall I Select a Wife? Love Making and Its Possible Consequences, and other problems.

"MANHOOD AND MARRIAGE" is a book not merely made up of hackneyed advice. The well-established, important and fundamental truths of sexuality are not ignored in this work, but they are treated in a unique, practical and helpful manner.

Bound in cloth. Illustrated. Price, postpaid, **$3.00.** It will be sent prepaid in combination with a yearly subscription to PHYSICAL CULTURE MAGAZINE for.....**$5.00**

PHYSICAL CULTURE CORPORATION

Dept. W., 119 WEST 40TH ST. NEW YORK CITY

Macfadden's Encyclopedia of Physical Culture

$1.00 The Holder of This Voucher is Entitled to Credit for **$1.00** in the purchasing of **$1.00**

MACFADDEN'S ENCYCLOPEDIA OF PHYSICAL CULTURE

EASY PAYMENT PLAN ORDER BLANK

Date.....

PHYSICAL CULTURE CORPORATION,
119 W. 40th St., New York City.

I enclose $1.00 together with this Voucher for $1.00 as first payment on the five volumes of *"Macfadden's Encyclopedia of Physical Culture."* I agree to pay $3.00 monthly for eleven months. It is understood that I am thus to pay $34.00 for the new edition of *"Macfadden's Encyclopedia of Physical Culture"* regularly sold for $35.00. It is understood that the price of the *Encyclopedia* includes a year's subscription to PHYSICAL CULTURE MAGAZINE.

I have always been faithful in paying my obligations and I give you my pledge that you may feel safe in trusting me to pay as agreed.

Sign here.....

Address .....

I have lived here since.....

If less than two years, give former address

.....

Please give name of two references.

Name Address Occupation

.....

.....

PHYSICAL CULTURE CORPORATION

Dept. W., 119 WEST 40TH ST. NEW YORK CITY

Only one voucher honored with purchase of one set of Encyclopedia

TEAR OFF HERE

Macfadden's Encyclopedia of Physical Culture

$1.00 The Holder of This Voucher Is Entitled to Credit for $1.00 in the Purchasing of $1.00

MACFADDEN'S ENCYCLOPEDIA OF PHYSICAL CULTURE

SPECIAL CASH ORDER BLANK

Date.....

Physical Culture Corporation,
119 West 40th St., New York City.

I enclose (Check, Money Order or Postal Order) for $30.50. Please send prepaid, five volumes of *Macfadden's Encyclopedia of Physical Culture* (regularly sold for cash for $31.50). In addition to *Macfadden's Encyclopedia of Physical Culture,* I am to receive PHYSICAL CULTURE MAGAZINE for one year from date.

Name .....

Address .....

.....

.....

PHYSICAL CULTURE CORPORATION
Dept. W., 119 WEST 40TH ST. NEW YORK CITY

Only one voucher honored with purchase of one set of Encyclopedia

TEAR OFF HERE

Unive
So
L